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DUNE

CINEMATIC MASTERPIECE

Reviewing the Dune remake

The Story of Life

In 1965, science fiction author Frank Herbert released a novel called Dune, a story set in the distant future amidst a feudal interstellar society in which various noble houses control planetary land. The story explored the multilayered interactions of politics, religion, ecology, technology, and human emotion, as the factions of the empire confront each other in a struggle for the control of Arrakis and its spice. It was an instant classic and would become one of the best-selling sci-fi novels in history. Hollywood, always looking for new stories to bring to the silver screen, desperately wanted to bring the epic story of Dune to life on the big screen, however, this proved more difficult than expected. In the 1970s, cult filmmaker Alejandro Jodorowsky attempted to make a film based on the novel. After spending almost three years in development, the project was canceled due to a constantly growing budget. Then in 1984, a film adaptation was finally released. Directed by David Lynch, the movie flopped badly and received almost universal negativity for its convoluted story and terrible visuals. It was becoming clear that Dune just does not work on the big screen. Then in the mid-2010s, it was announced that famed sci-fi director Denis Villeneuve will take the mantle of another attempt at bringing the complex world of Dune to moviegoers around the world. Will 2021 finally be the year that we get a good film adaptation of the majestic novel?

The Spice of Life

The story of Dune is a complex one. Paul Atreides, a brilliant and gifted young man born into a great destiny beyond his understanding, must travel to the most dangerous planet in the universe to ensure the future of his family and his people. As malevolent forces explode into conflict over the planet's exclusive supply of the most precious resource in existence–a commodity capable of unlocking humanity's greatest potential–only those who can conquer their fear will survive. Playing the hero in this film is Timothee Chalamet, who plays the role of Paul to perfection, a young man coming to grips with the power he has and the responsibility that faces him and his family.

This regal family, led by Duke Leto Atreides (Oscar Isaac), rules over the planet Caladan until it is ordered by the Emperor to relocate to and supervise Arrakis, the borderline uninhabitable desert world where spice is found. The assignment could make House Atreides the most powerful family in the galaxy, or destroy them if they fail to fulfill their duties. House Atreides also has to contend with their rivals from House Harkonnen, the former stewards of Arrakis led by the corpulent Baron Harkonnen (Stellan Skarsgard), and the native people of Arrakis, the subterranean survivalists known as the Fremen, led by the mysterious Stilgar (Javier Bardem). Paul, the son of Duke Leto and his concubine Lady Jessica (Rebeca Ferguson), joins the rest of his family on Ar-

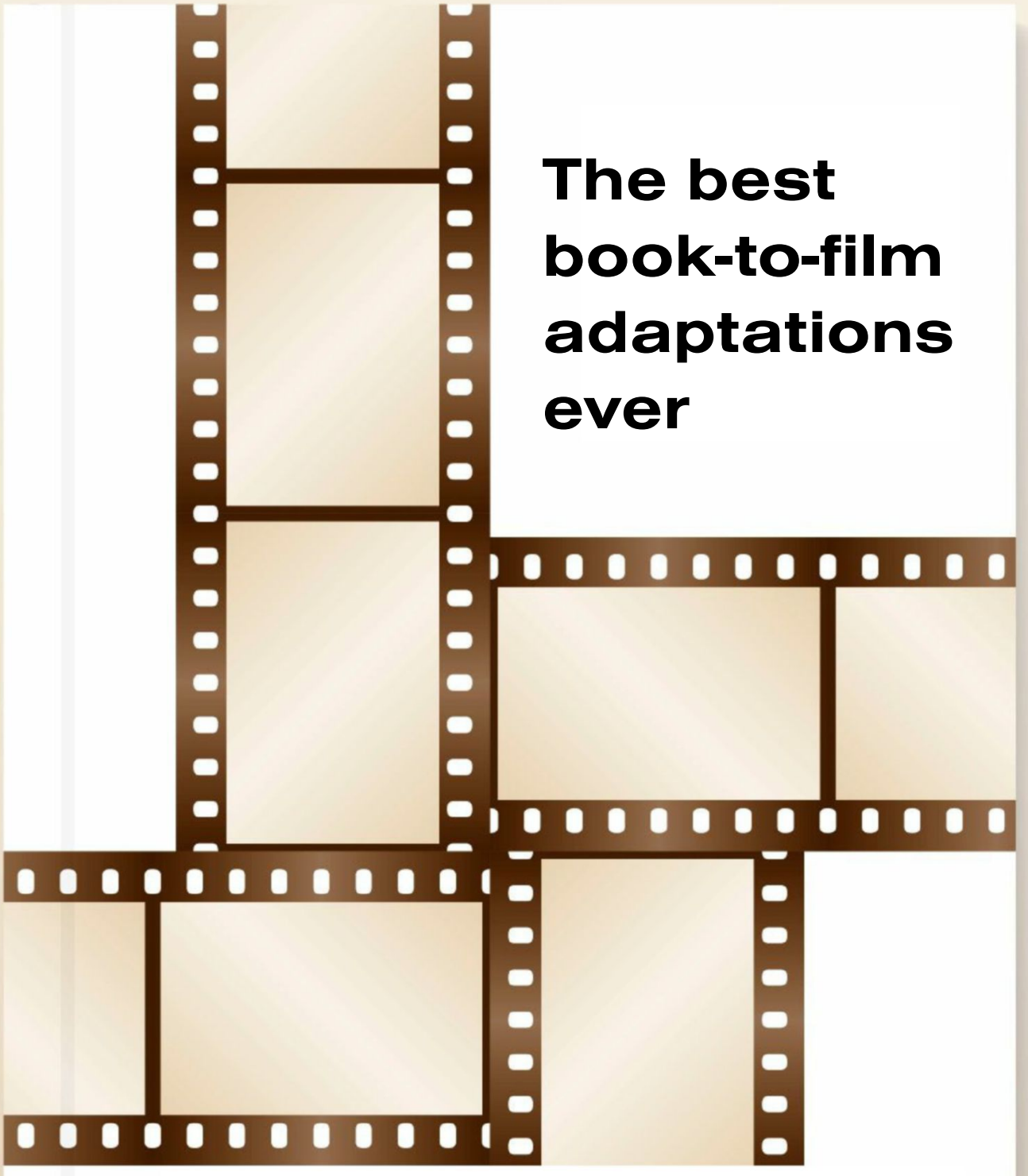
rakis, where he learns he may be a prophesied superbeing known as the "Kwisatz Haderach." The young, slight Paul seems skeptical about his grand destiny, and he's plagued by bizarre dreams of places he's never been and people he's never met — including a beautiful Fremen woman played by Zendaya. Every single actor plays their part perfectly, which is essential to capturing the gravitas of the story, but it's not just the immense acting that makes this 2021 film adaptation a masterpiece, it's the brilliant visuals and wonderfully clear storytelling that elevates Dune to not only the best adaption of the novel but arguably the best sci-fi flick in years.

The Story of Life

Villeneuve does an amazing job of telling the complex story of Dune in a clear and concise way. He manages to bring the nuances of the story to life on screen by making sure that the audience knows exactly what is going on and what the risks are for the main characters. That in itself is a mini-miracle, as the 1984 Dune adaptation was a muddled mess storywise. But it's not just the clear and concise storytelling that elevates this film, it's the spectacular visuals and wonderfully tension that the famed director brings to the screen. The world of Dune is not a colorful wondrous place, it is dark and dreary, yet Villeneuve still finds a way to take your breath away with each shot. From the wonderful desert expanses of Arrakis to the intense scenes set in the bland yet powerful hallways of the interiors, each and every shot finds a way to not only be visually pleasing but add to the story and characters. This is not your Star Wars or Marvel movies, this is a true sci-fi epic that takes its source material seriously. The action is wonderful but sparsely used, the tension-building scenes are slow and quiet and the emphasis on character building combined with supporting visuals is spectacular. Villeneuve has always had a sense of scene building, from the intense and claustrophobic film Enemy, to the visually stunning vistas of Blade Runner 2049, Villeneuve has once again proven that he is a master of his art.

But how did Villeneuve succeed where others failed? What makes Dune 2021 different and far superior from Dune 1984. IT's rather simple really, he split the source content into two. This iteration of Dune is purely part one, with part two hopefully announced soon. This allowed Villeneuve to take his time to set up the characters, their motivations, and the world of Dune. And it was a genius move. The only worrying aspect is that part two is very much reliant on this 2021 film doing well at the box office. But the early signs are promising as it would be a massive shame if one of the best sci-fi films ever made never got its deserved conclusion. Overall, Dune in 2021 is a massive success and a must-see for anyone who enjoys a well-written, wonderfully acted, and visually stunning sci-fi epic.

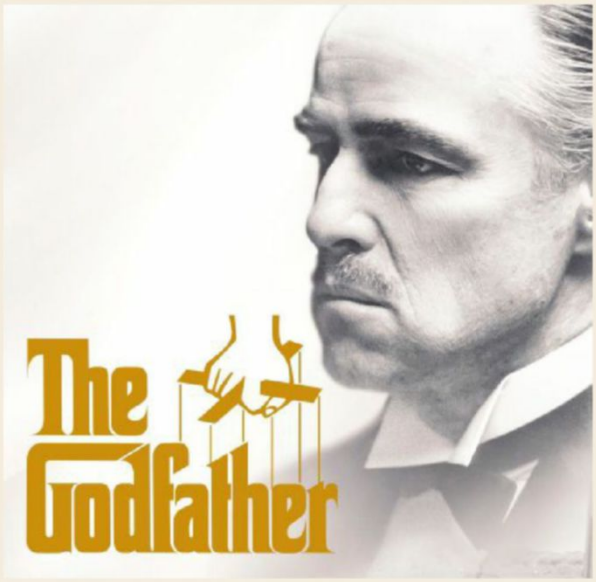
The best book-to-film adaptations ever



It's no secret that Hollywood constantly delves into their library looking for the next big movie. It's also no secret that the majority of these adaptations are rubbish and birthed the famous line "rather read the book." Yet not every adaptation is a failure, some movies have been successful in bringing the book to life, some have even been able to improve on the source material itself. So if you don't have time to read the book, then watch these films instead.

The Lord of the Rings

Ask any fantasy novel fan what his or her top five fantasy novels are and all of them will mention The Lord of the Rings. The fantasy epic by JRR Tolkien was first published in 1954 and revolutionized the fantasy genre. The novels were ahead of their time and are still seen as an inspiration to modern fantasy. So when it was announced that New Zealand director Peter Jackson was bringing the novels to the big screen, many rejoiced, yet many had trepidation in how they could possibly bring such a rich and detailed world to life. Fortunately, Jackson did not disappoint. The Lord of The Rings Trilogy brought groundbreaking CGI and wonderful casting to create a fantasy universe never seen before on the silver screen in a believable way without losing the essence of the novels. Of course, a lot of content had to be cut and the stories streamlined, but this is one of the few cases where a lot of people actually prefer the movies over the books.



The Godfather 1 & 2

Arguably two of the greatest movies of all time were based on the wonderful novel by Mario Puzo.

The novel itself is an absorbing, dark thriller that fascinates, horrifies, and entertains. Director Francis Ford Coppola managed to take the source material and elevate the story into two of the greatest movies of all time, with incredible performances from Al Pacino, Robert De Niro, and of course the don himself, Marlon Brando. Coppola managed to take the nuances of the novel and translate it perfectly on screen. Both films went on to win the Oscar for Best Picture and cemented Coppola, Pacino, and De Niro as bona fide superstars.

The Wizard of Oz

Not many people out there are aware that one of the biggest groundbreaking films ever made was based on a novel. Originally published in 1900 and written by L Frank Baum, the novel was unlike anything anyone had ever read before. It brought a magical world to life within its pages and delighted readers for decades. The 1939 film adaptation went even further, bringing the incredible story of Dorothy and her adventures to life in rich color, incredible filming techniques for the time, and the memorable music that is still beloved to this day. It speaks volumes of the impact the film made that eight decades later, the film is still seen as a work of art and still loved by audiences of all ages in 2021.

Forrest Gump

The film that saw Tom Hanks receive his second Oscar and the film that enchanted audiences across the globe was loosely based on a much darker and morally complex novel by Winston Groom. The novel itself is seen by many as almost unreadable and a failure as a book, but the core message and story of Forrest Gump is what made the film such a success. Although the movie is much more light-hearted and idyllic, the story of Forrest and his journey through life is as heartwarming as they come. The movie itself brought an incredible soundtrack, visual techniques never seen before and a wonderful and loving performance from Tom Hanks as Forrest himself. In time many have soured on the movie itself, claiming it to be too sweet and sugary, but considering it cleaned up at the Academy Awards that year and is still regarded as one of the best films of all time, Forrest Gump might be one of the most successful book-to-film adaptations ever.

Schindler's List

At the time Steven Spielberg was best known for his heartwarming movies like E.T. or globe-trotting adventures with Indiana Jones. But Spielberg once again proved why he is one of the greatest filmmakers of all time when he brought the tragic and emotionally moving novel of Thomas Keneally to life. The movie powerfully depicts one of the most atrocious events in history, offering a reminder of how far humanity is capable of sinking and the snippets of goodness that can nevertheless survive. Spielberg rearranged the chronology of the book and cut material mercilessly, but he amplified the horror of the story, a trade-off that renders the Holocaust as a slowly rising wave of terror and genocide captured in ominous, hopeless black and white. An adaptation that still haunts audiences to this day.

Harry Potter

Think of author J.K. Rowling what you may, but there is no doubt her Harry Potter novels changed the landscape of books for all ages. Many claim she brought the love of reading back to younger audiences, re-igniting what makes a good book so special. Of course, the movies brought her vision to an even larger audience, with eight movies and four directors bringing the world of Hogwarts to life. Of course, the films feature condensed versions of the books and many cuts had to be made to bring HArry to life, but even the most hardcore Potter fans can agree that each film takes the magic from the paper to the screen in spectacular fashion.

Fight Club

Author Chuck Palahniuk's novels are weird, they are violent and they are tough to get into. So why would anyone think it was a good idea to take Fight Club, a novel about rage and frustration, and turn it into a big Hollywood movie. Well, that's why director David Fincher is regarded as one of the best in the business. Having seen the potential that lay within the pages of Fight Club, Fincher wonderfully required it into a polished criticism of modern-day consumerist culture and the concept of masculinity. With the typical Fincher visual style and fantastic performances from Brad Pitt and Edward Norton, Fight Club turned into the perfect nightmare movie everyone craved in the '90s. A movie that to this day shocks and horrifies audiences with its brutality and violence, Fight Club is a movie that has a lot to say and it will force you to listen.

Angel Beau

Model | @iheartangelbeau

Photographer Jeston Brandon | @perfectlyflawlessphoto
MUA Laura Arias | @lauraariasmua

Angel Beau is the current reigning Miss Nude World and the 2020 Miss Nude United States.

She is a touring feature entertainer that blends sideshow and burlesque for a unique show experience you've never seen before!

Tell us something interesting about yourself people would not ordinarily know about you. I'm very introverted. When I'm not performing you can usually find me at home hiding out with my cat flower and watching nerdy movies and doing crafty things. I collect taxidermy and I will rhinestone anything, I just rhinestoned a dirt bike if that says anything. I also collect converse; half my walk-in closet is just shoe racks of converse.

If you weren't a model, what would you be? I'm a performer! I blend sideshow with burlesque for a blend of sexy and dangerous entertainment!

Who is your celeb crush? Benicio del toro!

What is the one thing about yourself that you wish more people knew? I am obsessed with Garlic Bread!!

What does your typical day look like? A typical day in the touring life of angel involves coffee! Usually, I'll be waking up early to head to the airport to fly to whatever city I'm performing in. I get to travel a lot, so I am always at airports! Once I'm at my hotel ill usually snap some pics for my fan site and get ready for my shows, then head to the club to perform! I always try to get some touristy things done too if I can fit that into the schedule.

When you are not busy modelling, what is your favourite thing to do? I love to go hiking! There are so many gorgeous places to hike in the Vegas area, which you wouldn't expect! I've found some hidden gems!

Which three words best describe you?
Determined
Passionate
Hungry (for success, not just for garlic bread)

Were you excited to shoot this feature? Oh very much so! I've been reading FHM since I was a teen. I grew up in England which is where I discovered it. Then moved to USA and found it here too. It's always been a dream of mine to be featured!

Do you have anyone special in your life? Tell us a bit more. I do! His name is Nick. He is a musician and producer. Very talented. He is so very supportive of my career, which is very hard to find. We also make content together.

Where to from here? What are your plans for the future? Ever since I won Miss Nude World I have been booked solid. So a lot of touring is in my future. I also work for a band. So, I'll be mixing up my time touring with them and doing my own shows! Not looking to slow down anytime soon. I'll be at some sexpos this year also. Can't wait to meet more of my fans out on the road.

FOR THE FANS!

Why Far Cry 6 renews the genre

FARCRY6

With the world facing a fuel crisis and with that crisis comes exorbitant fuel prices, the days of the fuel-powered car does seem to be numbered. With many countries moving to a more eco-friendly nature and many consumers looking to leave a smaller carbon footprint, the time to start looking at electric-powered cars is now. Fortunately, we have a handy list of some of the best electric cars you can buy right now in 2021.

FARCRY6

Guerrilla Warfare

You play as Dani Roja, a former army man turned guerrilla on the fictional island of Yara. Loosely based on Cuba, Yara is run by the vicious dictator Antón Castillo, brilliantly played by Breaking Bad's own super bad Giancarlo Esposito. As per previous Far Cry entries, you are required to break down Antón's various lieutenants and liberate each area in the name of Libertad, your fierce and fiery guerrilla movement. Unfortunately, this is where the game starts suffering, as the mission structure follows the exact same route as those from the previous 4 Far Cry games, so everything feels very familiar. Meet an NPC, they give you a mission and you go and blow stuff up, then meet a new NPC and do the same thing. You still need to liberate each area by doing missions and taking over various forts and enemy bases, exactly the same as the original formula from Far Cry 3. Now if you're a fan of that formula and want more of it, then Far Cry 6 is perfect for you, but for people hoping for a change in direction or something new, they will be sadly disappointed as Far Cry 6 does not deviate from the formula. True, it does add in some interesting new elements like basic base building, new weapons called Supremo's, a glorified backpack that gives you various abilities, and powerful rechargeable weapons to take down Castillo's forces. But unfortunately, it doesn't add enough to make the game feel different in any way. The story itself is also dreadful, with arguably some of the worst NPC and teammates in any Far Cry game to date. At certain points, you'll actually be rooting for the bad guys and your fellow guerrillas as above annoying and their motivations make no sense. Also, Far Cry 6 wants you to remember that you are a fierce guerilla because the NPCs and your character will mention the word "guerrilla" about a million times through your playthrough. It's not all bad news though, the action and gunplay is still incredibly fun, and taking down an enemy base is still one of the best experiences in open-world first-person shooters. The game also looks quite good, but not a massive upgrade from Far Cry 5.

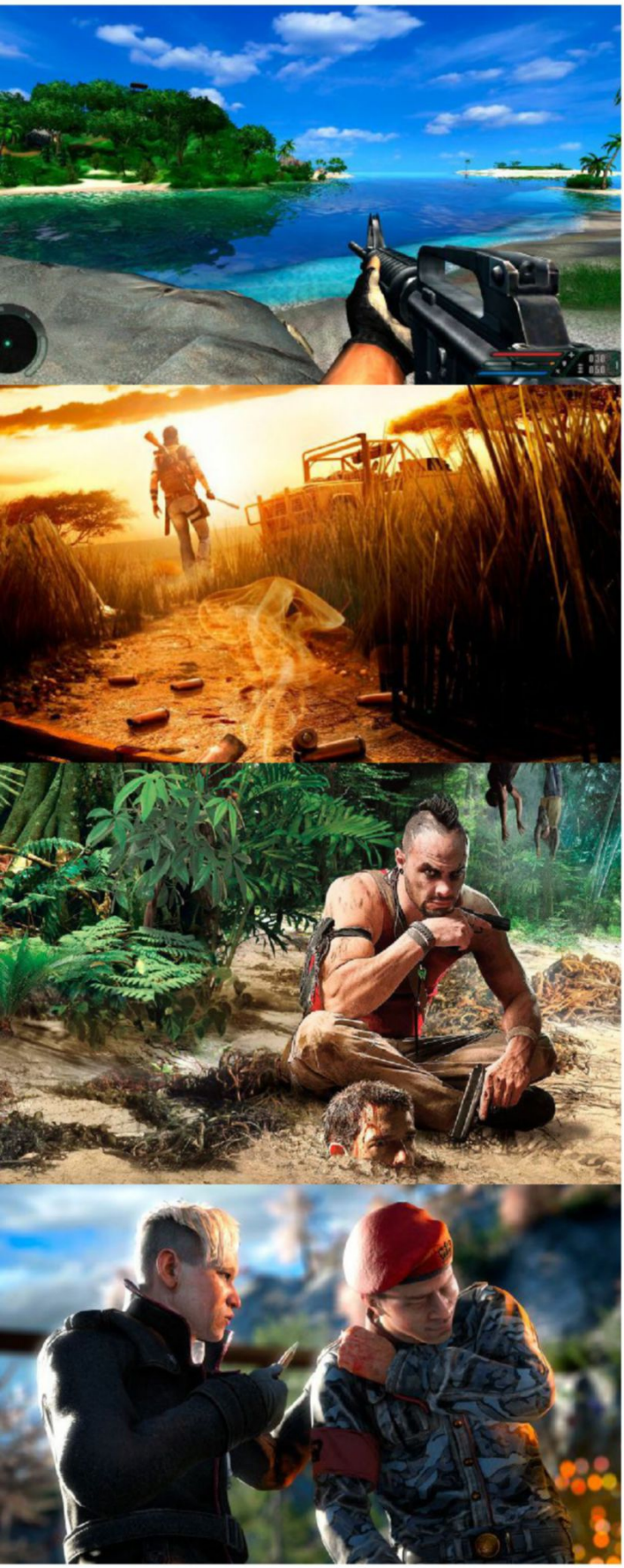
Overall, Far Cry 6 is a disappointment. Yes, the actual gameplay is still as solid as ever, but the story is forgettable, bordering on annoying and the Far Cry formula has not moved on from 2012. The frustration comes from the fact that the potential for an amazing game is there, Ubisoft just decided to play it safe once again.

History of Far Cry

It's incredible to think that the Far Cry series is already 16 years old, but this leading first-person shooter franchise has been leading from the front since 2005, proving what first-person shooters are capable of as well as setting a high standard in new tech and graphical advancements. But many of us might have missed out on the earlier games in the series and how it all started. Fortunately, we are here to help and give you a brief history of this beloved franchise.

Far Cry

Although the series has become synonymous with Ubisoft, the original Far Cry was actually developed by Crysis developers Crytek. Far Cry was seen as an experiment, a showcase for Crytek to show off what their brand new CryEngine can do. It allowed for wide-open spaces with long draw distances, no longer were shooters limited to tight corridors or small warehouses, Far Cry gave you an entire island to explore. It was a first of its kind and truly groundbreaking at the time. It also gave players incredible variety in how to complete the missions and when something rarely seen in gaming let alone first-person shooters. The game was a huge success on



PC and was hailed as an evolution for the FPS genre. It would also lay the groundwork for Crytek's most famous game Crysis. Crytek would go on to focus purely on their Crysis series, leaving the Far Cry game dormant. However the publisher at the time Ubisoft saw the potential in the franchise and decided to move development in-house. The sequel will continue to build on the platform laid by the original, yet big changes were on the horizon.

Far Cry 2

One of the most divisive games in history was released in 2007. Far Cry 2 would keep a similar open-world structure to its predecessor but has moved the location to Africa. Ubisoft implemented a new engine, Dunia, which adapted the CryEngine. Now fans could take advantage of a fully open world, realistic physics, and destructible scenery. Improvements were made to enemy AI and the game abandoned any sense of linear progression. Far Cry 2 was a much more open game. Players could do as they pleased within the fictional African country. And while the sequel was a critical hit, many players had issues with the new gameplay features. Degrading weapons and enemy outposts becoming repopulated soon after clearing them out felt like roadblocks to progression, also the introduction of a survival mechanic made the game harder than it should have been with the introduction of malaria if the player caught this illness, and you constantly did, the gameplay would come to an instant halt as you had to rush to find medicine or a nearby town to heal you. These new gameplay features added nothing to the game and caused frustration across the board. However, sales for the game were good enough to allow for another sequel, and production for the next iteration was well underway.

Far Cry 3

Considered by many as the game that finally got the formula right, Far Cry 3 ditched everything that was wrong with the sequel. Gone were the survival mechanics, the degrading guns, and the respawning enemies. Instead, you were put on a tropical island filled with dangerous pirates, led by the iconic villain Vaas. The gunplay was improved immensely and the added feature of taking over pirate bases was a blast. Far Cry3 would set the formula for all upcoming sequels and would grow tiresome come Far Cry 6, but at this stage, it was something fresh and unique. Of course, the game came under heavy criticism for its story and characters. Putting a young spoiled white American as the hero, saving the savage tribe came under heavy scrutiny, and rightfully so, but then again the Far Cry series would always struggle with its characters and story. Far Cry 4 however would go a long way to try and fix this and succeeded in most regards.

Far Cry 4

Because of the heavy criticism, the previous Far Cry received for its terrible characters, Far Cry 4 this time set its central character as a native to the fictional country of Kyrat, set in the Himalayas you play as Ajay Ghale who takes on the charismatic yet completely insane tyrannical leader Pagan Min. Some would say Far Cry 4 has the best story and characters in the series and they would not be far off. True, the story was still over the top gubbins, but it felt a bit more

grounded than previous entries. Far Cry 4 would follow the exact same template as Far Cry 3, with the same mission structure and upgrade abilities, and this would be the only criticism the game would receive. Many already started to suffer from Far Cry fatigue, and those looking for a step away from the formula would be greatly disappointed. Yet Far Cry 4 was still a great game and looks great even in 2021. But fans of the series were ready for a big shake-up and were hoping that Far Cry 5 would be the game to take the series in to a new direction.

Far Cry 5

Sadly, fans of the series would be sorely disappointed with the follow-up. Ubisoft played it very safe with Far Cry 5, adding almost nothing worthwhile to the game's mechanics. What made matters worse was the location, this time set in Hope County, a fictional region of Montana, United States. The main story revolves around the Project at Eden's Gate, a doomsday cult that has taken over the county at the command of its charismatic and powerful leader, Joseph Seed. Many gamers felt what made the Far Cry series so exciting was the exotic locales, yet now it was set in a very familiar and rather bland environment. The story and its characters were some of the worst in the series and even the cult leader Joseph Seed came across as a whiny hipster. Yet even for all of its faults, Far Cry 5 was one of the most successful in the series and continued to make Ubisoft a ton of money. However fans were now fed up with the cookie-cutter format and placed all their hope on Far Cry 6 to be the game that reinvents this popular series, and we all know how that turned out.

Forza Horizon 5

For years now, the Xbox exclusive series, Forza Horizon has set the benchmark for over-the-top, open-world racers across platforms. Mixing incredible visuals with fantastically fun driving in stunning environments, in the greatest cars known to man. And with Forza Horizon 5, the bar has once again been lifted on what might arguably be the best racing game ever made.

Mexico Baby

One of the hallmarks of the series has always been its exotic locations, from driving around the south of France to racing through on the golden beaches of Australia, Forza Horizon has become synonymous with big open spaces. And in Forza Horizon 5, the series makes its very first trip to South America as you get to race around the beautiful and varied landscapes of Mexico. Go on breathtaking expeditions across a world of striking contrast and beauty. Discover living deserts, lush jungles, historic cities, hidden ruins, pristine beaches, vast canyons, and a towering snow-capped volcano. The weather and season feature from Forza Horizon 4 also makes a comeback as you take on awe-inspiring weather events such as towering dust storms and intense tropical storms as Mexico's unique, dynamic seasons change the world every week. Keep coming back for new events, challenges, collectibles, and rewards, and new areas to explore. No two seasons will ever be the same. As with all Horizon games, the campaign mode is riddled with hundreds of challenges from racing across the desert to big showcase events that will see you take on a Boeing to see who comes out on top. The story mode will have brand new characters that will give you unique story missions and specific outcomes to how this year's Horizon festival plays out. The multiplayer aspect is fantastic as ever as you team up with other players and enter the Horizon Arcade for a continuing series of fun, over-the-top challenges that keep you and your friends in the action with no menus, loading screens, or lobbies. Meet new friends in Horizon Open and Tours and share your creations with new community gift sharing. New to the series is the EventLab toolset that allows you to create custom races, challenges, and entirely new game modes. You'll also get to customize your cars in more ways than ever before with new body kits, wheels, paint options, and more.

Of course, Forza Horizon 5 is all about the cars, and the selection in this new entry is mind-blowing, featuring over 520 unique cars with more to be added in the following years. You'll get to drive the 2020 Ford Super Duty F-450 DRW Premium to the exceptionally rare, naturally aspirated 1991 Jaguar Sport XJR-15 and the all-electric 2020 Porsche Taycan Turbo S as well as the Mercedes-AMG ONE, that brings Formula 1 hybrid technology almost one-to-one from the track to the street. You name a car and Forza Horizon will have you covered.

Forza Horizon 5 is fantastic, it's as simple as that. With incredible graphics, specifically designed for new consoles and arguably the most fun you'll have on a track, developer Turn 10 once again proves that they are one of the best developers out there. Even if you're not a fan of racing games, you need to download Horizon 5, since it's free on Game-Pass. You are guaranteed to be hooked.

AWESOME Electric Cars

With the world facing a fuel crisis and with that crisis comes exorbitant fuel prices, the days of the fuel-powered car does seem to be numbered. With many countries moving to a more eco-friendly nature and many consumers looking to leave a smaller carbon footprint, the time to start looking at electric-powered cars is now. Fortunately, we have a handy list of some of the best electric cars you can buy right now in 2021.

Tesla Model 3

Tesla is the leader in future technology and their cars right now are leading the way forward when it comes to the electric car. The Tesla Model 3 is the perfect example, with class-leading performance, incredibly comfortable seating, and interior room, plus industry-leading range, the Model 3 is a fantastic car. More range is always a good thing with an electric vehicle, and the Model 3 offers an EPA-estimated 263 miles of range. Other 2021 changes include black exterior trim instead of chrome, a standard wireless phone charging pad, a power trunk lid, metal steering wheel control dials instead of plastic, and a new window design to help reduce outside noise.

Volkswagen ID.4

The famous German car manufacturer presents the ID.4, it's very first built from the ground up electric car. The ID.4 is optimized from the get-go for the best range, efficiency, and interior space possible. Marketed as an SUV, the ID.4 is smaller than VW's Tiguan small SUV. It's 4.6 inches shorter and 1.9 inches lower than the Tiguan. The ID.4's EPA-estimated range of 240 to 260 miles is plenty for most EV buyers, and Volkswagen is throwing in three years of complimentary DC fast charging at Electrify America stations. Overall, the ID.4 has everything necessary to be an intriguing pick for an electric SUV. Some controls can be rather difficult to understand and operate, and some of the plastics used in the cabin do feel a bit cheap compared to cars in its price range, but the ID.4 is the perfect car to jump into if you've never owned an electric car before.

Porsche Taycan

For those that still want the rapid acceleration and epic sports car handling should look no further than the Porsche Taycan. Although an electric car, the Taycan loses none of the Porches' speed and charm. The build quality and finishing are of an incredibly high standard and offer more practicality than your normal Porsche would, with four doors and two trunks. But with the famous brand comes the famous price, coming in at an eye-watering $185 000 for the full package, the Taycan is one of the most expensive electric cars on the market. But if speed and the Porsche name is essential for you then look no further than this highly impressive offering from the famous Italian brand.

Ford Mustang Mach-E

If you're after an American muscle car that is eco-friendly then look no further than the Ford Mustang Mach-E. The first Ford ever to be designed from the ground up as an electric car, the Mustang offers excellent handling and wonderful acceleration, all while offering plenty of range and features. It is roughly the same size as a Ford Escape or the Porsche Macan, blending the typical SUV proportions with the beloved Mustang styling. Although it might not be the fastest or the most affordable electric car on the market, the Mustang Mach-E is a fantastic offer from Ford and perfect for those that love the Mustang name and characteristics.

BMW i3

The German manufacturer is no stranger to the electric car market, having released the original i3 back in 2014. Over the years BMW has refined their offering, with each iteration improving on the last. And in 2021 the i3 offers everything you would look for in an electric car. This is an easy-to-park EV with an upscale and surprisingly roomy interior. And an available range-extender model has a tiny gasoline-powered generator that allows you to carry on if you fully deplete the battery pack. Unfortunately, the i3 is not the leader in the electric field as it once was, with the likes of Tesla offering better range and performance. However, the i3 is still a fantastic electric car and if you're a fan of the BMW name and brand, then the i3 is a perfect offering for you.

Audi e-Tron

One of the best luxury electric SUVs on the market today, the Audi e-tron offers all the comfort and performance one would get from the Audi Q7, the difference being the electric power. The e-Tron comes standard with a ton of safety and tech features, plus off one of the smoothest rides available today. The 2021 version also sees a boost in range, with an additional 18 miles added on to take the overall range to 222 miles. With competitors like Tesla catching up to the famous e-Tron brand, Audi definitely has a fight on its hands, but in 2021 the e-Tron still remains king of the electric SUV market.

LEGENDARY *Status*

THE VIN DIESEL STORY!

Seen as one of the premier action stars in Hollywood today, Vin Diesel has proven himself to be not only a premiere movie star but also one hell of a human being. From his fantastic motivational Facebook posts to starring in some of the biggest movies in Hollywood, the former nightclub bouncer proved that hard work and following one's dream is always worth it. But how did the man from Alameda county become one of the biggest stars on the silver screen?

A Man On A Mission

From humble beginnings to being lauded as one of the top action stars in Hollywood, Mark Sinclair aka Vin Diesel is one of the most recognizable names in the industry. Born in Alameda County, California on the 18th of July 1967, Diesel would grow up never knowing his biological father. Instead, he was raised by his astrologer/psychologist mother, Delora Sherleen (Sinclair), and his adoptive father, Irving H. Vincent, an acting instructor and theatre manager. Along with his fraternal twin brother, Paul Vincent, Diesel would accidentally get his first break in acting whilst living in New York City's Greenwich Village. At the age of seven, Diesel and his friends broke into a theatre, with the intent to vandalize it. A woman stopped them, and to their surprise instead of scolding them or phoning the police, she handed each of them a script and $20, on the condition that they would attend the theatre every day after school. From there, Diesel's life changed. He discovered his love for acting and his career would progress from the New York repertory company run by his father to the Off-Off-Broadway circuit. At the age of seventeen, Diesel was already sporting a well-honed physique and decided to become a bouncer to make some extra money on the side. Bouncing at some of the hippest nightclubs in New York, it would be quite a violent period for Diesel, claiming to have been in over 500 fights during his bouncer days. This would also be the time that Mark Sinclair changed his name to Vin Diesel as he felt it was a more intimidating name. After finishing high-school Diesel enrolled as an English major at Hunter College, but would drop out after three years to move to Hollywood and further his acting career. Under the impression that his experience as a theatre actor would help his acting cause in Hollywood, Diesel soon found out that La-La land is not quite what it would seem.

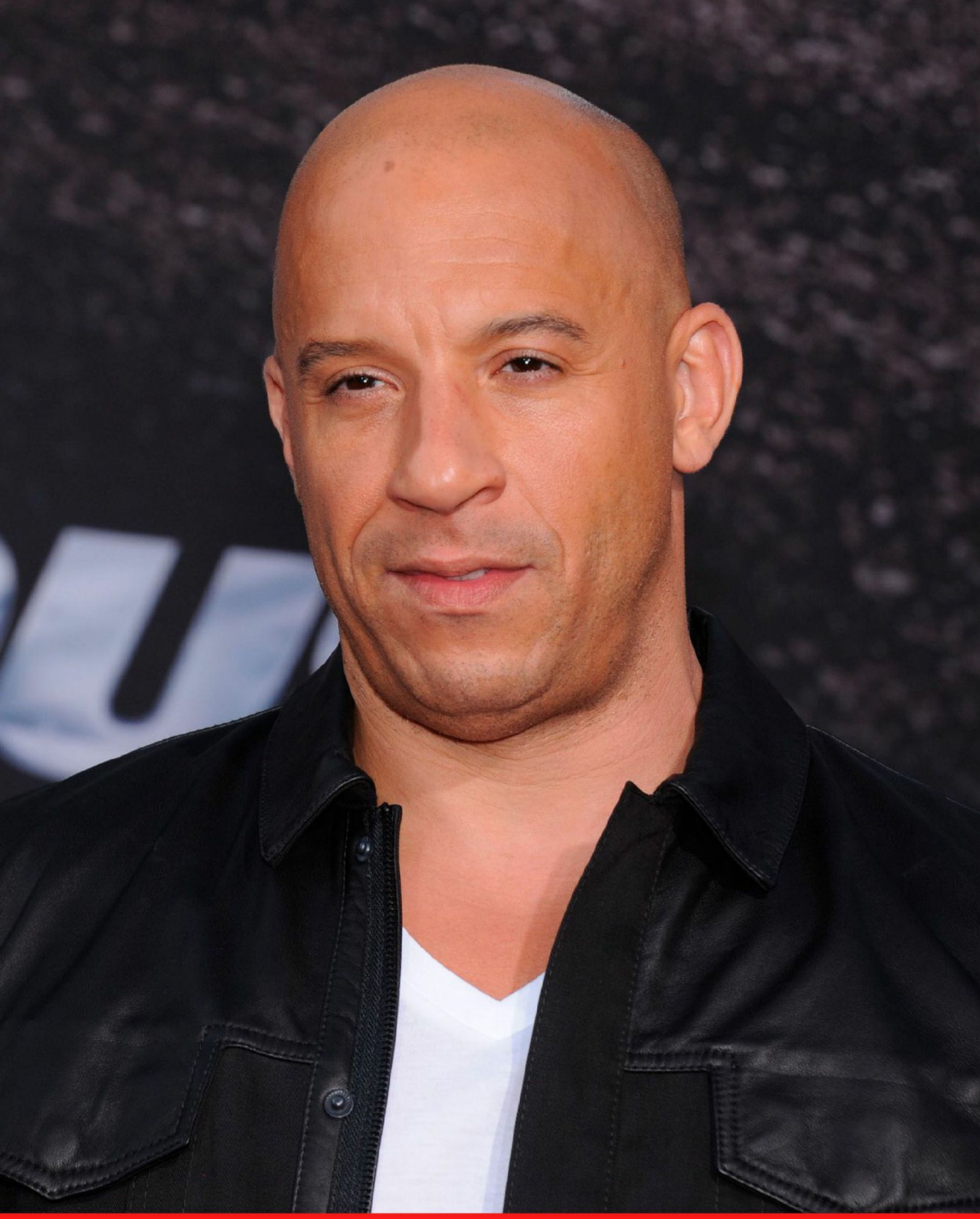
After a year of struggling to make his mark on the industry, he returned to New York, depressed and pondering his future as an actor. It would turn out to be the best move for Diesel as his mother gave him a book called "Feature Films as Used Car Prices" by Rick Schmidt, hoping that the book would inspire

her downtrodden son. It did exactly that. Vin Diesel quickly realized that he did not need the industry to further his career and that he could take control of his own destiny by making his own movies. Diesel immediately started writing a short film based on his own experiences as an actor called Multi-Facial. The film was shot in less than three days and cost a measly $3000. Released in 1995, Multi-Facial was a success and was eventually accepted for the 1995 Cannes Film Festival, where it was received with rave reviews from fans and critics alike. High on the success of his short film and armed with his new self-empowering knowledge of filmmaking, Diesel decided to return to Los Angeles and try his luck in Hollywood again.

Using telemarketing, he was able to raise almost $50 000 to fund his first feature film called Strays. Six months after shooting, the film was accepted for the 1997 Sundance Film Festival and although it received many positive reviews, the film failed commercially. Once again Diesel found himself on a flight back to New York, dejected. But he would receive a phone call a few days later that would change his life forever. Impressed with Multi-Facial, Steven Spielberg was so impressed with Diesel that he phoned him up for a personal meeting on the set of Amistad. That meeting went so well that Spielberg immediately decided to cast Diesel in his upcoming World War 2 movie, "Saving Private Ryan". This was a massive break for Vin Diesel and one that would make him a household name. However, Multi-Facial would serve up another big role for him, as director Brad Bird was so taken with his unique voice that they cast him in the lead role of the highly successful animated masterpiece "The Iron Giant". Vin Diesel has finally made it in Hollywood. He was constantly offered work due to his impressive acting skills as well as his unique look and voice. In 2000 he would be cast in his first leading role in a live-action film as Richard B. Riddick in the sci-fi film Pitch Black. The film was a massive success and earned him a legion of devoted fans and the public recognition he deserved. Not content with his action movie star status, Diesel turned to the more dramatic role as he played a crooked stockbroker alongside Ben Affleck and Giovanni Ribisi in the Boiler Room. His role once again drew a lot of favorable reviews and adoration from his fans as he was flexing his acting muscles. But it would be in 2001 that he would play one of his most famous roles, that of notorious street racer Dominic Torretto in the 2001 hit The Fast and the Furious. The movie was a massive hit and would go on to be one of the most successful franchises in Hollywood history, with the franchise grossing over $4 Billion to date.

XXX TO GROOT

Vin Diesel was a superstar who would go on to star in various big blockbusters, but the one role that cemented his status as an action star was the 2002 hit XXX, where he starred as a thrill-seeking, extreme sports enthusiast, stuntman and rebellious athlete turned-reluctant spy Xander Cage, who is sent on a dangerous mission to infiltrate a group of potential Russian terrorists in Central Europe. Although the movie itself received mixed reviews, it proved to be a major



THEATRE
IMAX

went on to gross over $270 million at the box office. The film did receive a sequel in 2005, but without Diesel and director Rob Cohen. The film was a box office bomb only grossing $70 million worldwide. This just further proved the star power of Diesel as many felt that the movie missed his charisma and unique humor. The XXX franchise seemed doomed to lay dormant forever. However, in 2017, Vin diesel returned as the thrill-seeking action hero in XXX: Return of Xander Cage. Extreme athlete turned government operative Xander Cage comes out of self-imposed exile, thought to be long dead, and is set on a collision course with deadly alpha warrior Xiang (Donnie Yen) and his team in a race to recover a sinister and seemingly unstoppable weapon known as Pandora's Box. Recruiting an all-new group of thrill-seeking cohorts, Xander finds himself enmeshed in a deadly conspiracy that points to collusion at the highest levels of world governments.

Diesel would go on to star in numerous big blockbuster films, from his much-beloved role as Groot in the Guardians of the Galaxy franchise to starring in numerous Fast & Furious movies, the name Vin Diesel has endured and made him into one of the most recognizable stars in the world. Yet when not appearing in Hollywood blockbusters. Vin Diesel puts himself into inspiration posters on his Facebook page. These posts are often unintentionally hilarious, but deeply motivating. His dedication to his Vinbook, his devoted Facebook fans with over 100 million likes, proves that Diesel hasn't lost his sense of humor or his connection with his fans. Vin Diesel's Facebook page pumps out posters and memes seen by a population equivalent to one-third of the United States. Vin Diesel appears more in his own memes than he does the Fast and Furious franchise, thereby solidifying his role as "motivator" to be his most prolific one. He is also a massive Dungeons & Dragons fan, having played D&D for over 20 years. In the 30th Anniversary of Dungeons & Dragons issue of Dragon Magazine, they examine the fact that Diesel played Dungeons & Dragons, and reveal that he had a fake tattoo of his character's name, "Melkor," on his stomach while filming XXX. Once again proving that Vin Diesel is a man with many layers, from a Hollywood action star to hilarious Facebook motivator to dedicated D&D player, Diesel proves that one cannot judge a book by its cover.

From tough beginnings to facing various challenges, many would've given up on their dream a long time ago but Vin Diesel stuck through it and believes in himself and his abilities. Not only is the man a talented actor, director, writer, and producer, he is a role model to everybody wanting to be successful in life and that is perhaps his greatest achievement to date.

BEATING THE BULLY

By Ian Kirke | Twitter @ianjkirke

My first recollection of the term 'bully' was from the pages of The Dandy, my must-read childhood comic. "Bully Beef and Chips," created by Jimmy Hughes, first appeared in 1967 and reflected the story of two boys in seemingly constant conflict – the aggressor, a pudding basin haired brute called Bully Beef, and the victim, a wilier, and to me, more appealing character, Chips.

I can still remember the name of our primary school class bully from all those years ago, albeit it would serve no purpose to blow the whistle on him now since I understand he has gone on to live a fulfilling life. Evidence perhaps that bullies can find redemption, and that for some, such behavior may only be a passing phase. To be fair, I can't recall him ever harassing me. Rather, he had a reputation and menace about him. I do recall kicking him hard in the butt in the playground once when his intimidation had, no doubt, encouraged me to react. He was much chubbier than me, and as I was wearing sandals at the time. I knew that I could run the fuck away should I need to with the reasonable assertion that fat boy couldn't get me in the short-term. I was certainly more aligned to "Chips" and although the thought of being punched was always a real and present danger, I just assumed that our version of "Bully Beef" was thick. This notion was also backed up by his dire performance in any school activity bar lifting heavyweights.

On leaving mainstream education at eighteen after a disastrous college campaign, where drinking and trying to date the opposite sex became my preoccupation (I was damn good at the former), I entered the rat race, joining the police a year later. My early recollections are very much framed around Maslow's hierarchy of needs insomuch as my primary goal was just to fit in. The prevailing culture was indeed very hierarchical and I immediately knew my place. As head teaboy, I eagerly looked forward to the arrival of the next recruit so that I could hand over the teaspoon baton and inch my way up the pecking order. On night shift I remember being put on trial for making shite tea, found guilty and sentenced to clearing the stray dog compound out for a week. That was literally a shit job! As I recall those halcyon days, I cannot help but smile. But could this requirement have been interpreted as bullying? My instinct at this juncture is to say no, but later I will test this assertion. Before I do, I recall a more obvious example of bullying, which I handled without resorting to physical attack, and one that I look back on with a degree of pride.

Summarising a somewhat unusual situation, later in my career I started a business and worked part-time, reducing my hours by twenty percent. Although both were compatible and permissible, it was nonetheless rare and at variance with Maslow's assertion of 'belongingness'. In other words, to some, I had stepped outside of the cozy status quo. I was a rebel. After my promotion to Inspector, my immediate boss was on holiday and I decided to be proactive and create a shift pattern that would adequately meet my various duties. Having been given, amongst other responsibilities, the role of Identification Officer (managing the

picking out of suspects in a lineup) which was a full-time position on a comparable and neighboring police area, I was already juggling a demanding workload.

The Chief Inspector had a previous history of being a control freak although I was somewhat taken aback by his phosphorus posture upon his return. He dissed my schedule and demanded that I work day shifts from Monday to Friday. Given that I thought that most civilian witnesses were unlikely to want to attend a police identity parade during their working hours, this suggestion seemed no more than an arrogant expression of power. Furthermore, as operational cover at weekends was one of my primary responsibilities the plan was pure bollocks. Having had the foresight to manage the inevitable adrenalin rush that can often accompany a difficult conversation by engaging in deep breathing, talking myself up and imagining a successful resolution in my favor, I was remarkably calm. These simple techniques lessened the immediate likelihood of capitulation and allowed me to steer the conversation – something bullies have difficulty handling. Their plan A is to conquer from a position of power. In this case, my would-be tormentor had more pips on his epaulets than me (organizational confidence). I doubted that he had a plan B and in my more relaxed manner I put this contention to the test. "Being an Inspector isn't in my happiness top ten," I said in the most delicious tone of defiance. The stunned look on his face was evidence that he clearly had no backup. I then started to have a little fun with my less than cerebrally endowed colleague. "Working that schedule would make me unhappy. I was content as a Sergeant. How about you demote me?" He cleared his throat and replied in astonishment, "That's never happened!" Trying to disguise my smile I went for the simple tap-in – "Let's make history then." After a few more verbals we agreed to trial my roster for three months. Surprisingly I never again spoke to him about this matter.

So, are bullies as thick as mince? I was rather surprised to learn that this wasn't typically the case. Jennifer Hancock, author of The Bully Vaccine, points out, "Generally speaking no. They tend to be of normal or high intelligence. They bully because it works as an adaptive strategy to help them get access to resources and status within a group. It takes a lot of talent to bully and get away with it." But perhaps her last sentence held a clue to one method of neutralizing a bully – not letting them get away with it. My tactic with my former line manager may have had some merit. Writing in Psychology Today, Professor Preston Ni, of the faculty of Communication Studies Department at Foothill College in Silicon Valley, California, validated my stance – "Keep your cool and avoid being reactive." Certainly, my pre-prepared stress management script had met his learned test and seemingly the second – "Bullies win when you're upset," adding, "A common characteristic of bullies is that they project their aggression to push your buttons and keep you off balance. By doing so, they create an advantage from which they can exploit your weaknesses."

Reflecting upon my brushes with other bullies in adult life I have found that making them accountable for their behavior, by simply asking open questions – the antidote to many Bully Beefs – has a significant success rate. Calling upon the power of Rudyard Kipling, in his prose, "I keep six honest serving-men (They taught me all I knew); Their names are What and Why and When and How and Where and Who." Some of my favorite weapons of mass disruption include, "What do you mean by that comment?" and "What information are you basing that comment on?" But is there a potential Achilles heel to this robust remedy? Remember the wise words of Jennifer Hancock – they aren't necessarily thick. One of the things that galls me the most must be the bully who positions themselves as the victim having been confronted, or at least seen it coming. Psychotherapist Stella O'Malley identifies the "cry bully," describing their modus operandi as "driven to dominate and control every situation, this type of bully will often spend their time and energy convincing themselves and everyone they know that they are the victim and not the bully." Consumed with self-pity, justification, and self-absorption "their sense of being a victim becomes a crutch and a reason to justify future cruel behavior." This grim scenario is addressed by the forthright journalist Julie Burchill who describes the same sinister character as "a hideous hybrid of victim and victor." Citing various convincing examples her autopsies of cry bully celebrities Jeremy Clarkson and Perez Hilton are the most illustrative of this cowardice – "Jeremy Clarkson is a prime cry bully, punching a producer and then whining in The Sunday Times about 'losing my baby' (the baby being Top Gear). Perez Hilton, recently of the Celebrity Big Brother house, is a good example too, screaming abuse at his wretched roommates until they snapped and hit back, at which point he would dissolve into floods of tears and flee to the Diary Room to claim that he felt 'unsafe'." Having become acquainted with such a shape-shifting creature amid a madding crowd in plain sight, the need to adhere to the principles of bully management are vital, and the sharing of this intelligence with those that orbit these hollow souls, deficient in decency and adept at clever manipulation is crucial. As the nineteenth century, British Prime Minister Benjamin Disraeli once said, "courage is fire, and bullying is smoke." As arguably one of the wisest sages of all, Mahatma Gandhi pondered too, "Bullies are always to be found

where there are cowards."

But perhaps Karma has a habit of keeping a check on bullies. In July 2020 Kevin Blatchford assaulted his former bully in an unprovoked attack in Exeter, fifteen years after leaving school. Acknowledging the history, the court imposed a suspended prison sentence prompting other victims to pen their cathartic reflections. Author Petronella Wyatt recounted the sweet repose that flowed from turning a previous tormentor down for a job following a call to her office – "It was you, dear bully. You were polite. You asked me for a drink. I decided to lay you to rest once and for all, and agreed to meet you. You were unemployed and asked if I could get you a job, or recommend you to another publication. Oh, bully. Had you ever said a kind word to me, I might have crawled over glass to help you. As it was, I suggested you try to find work in a charity shop. It was a moment of exquisite satisfaction." Television presenter Rebecca

Wilcox composed a more compassionate testimony to her oppressor – "Do you regret your behavior and tell your own children to be kind? It's what I always say to mine. It was you who taught me that, so I guess I should thank you. Because being kind and finding kindness in return is why I have achieved so much happiness in my life — my life after you, that is."

But what of my early life in the police? Did the expectation that I should kowtow to the shift elders and make tea, often on-demand, constitute bullying? Various definitions exist but most reflect the necessity of repetition of unwanted behavior that is intended to hurt either physically or emotionally. Having thought long and hard I do not believe that I was the victim of bullying and in any case, no one but me knew what I often added to the mugs of some of the more sarcastic colleagues that gave their brew a very special zing!

Breathtaking! Elizabeth Marshall

Model | @lizmarshallfit

Photography by Audra Oden | @audraodenphotography
Hair Luna | @lunahair711
MUA Victoria Armendariz | @pinkrobotbeauty
PR LA Media Group | @la.mediagroup

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Elizabeth, we're very happy to finally have you on FHM UK, how many FHM covers have you been on so far? This cover will be number five! I've been on the cover of FHM USA, FHM India, and FHM South Africa twice.

Tell us a bit about your shoot – where, when, the idea behind it, etc... I did this shoot in a suite at a luxury boutique hotel in Houston, Texas this past October. It was my first time working with my talented photographer friend Audra Oden in a long time, and we wanted to capture lots of high glam and pinup shots since those two genres are what we always do best together.

So, go on, tell us what's at the top of your Christmas list? Besides peace on earth? A trip overseas to an exotic or picturesque location would be great right now. I think the entire globe has cabin fever after the Covid roller coaster that we've all been on for the last two years.

What is your best asset? Physically and otherwise. I've always felt that my best physical feature are my eyes. My mother says that they've been the same size since I was a baby, and I get more compliments on them than anything else. Beyond the physical, my best asset is most definitely my ability to absorb information. I love history, philosophy and other lofty intellectual subjects and can discuss them at length.

Given that you're a very popular figure in the industry, what would people be most surprised to know about you? I love solo travel. Taking vacations with friends and family are wonderful too, but I really enjoy solitude and visiting grand or breath-taking places by myself to take pictures and commune with nature.

What have you learned about men over the years? Men are much less complicated than women are, which is a wonderful thing. Sometimes I envy the simplicity that seems to go along with men's thought processes. Women tend to overthink and overanalyze everything in sight, and although that can be beneficial at times, it's also exhausting.

What's one thing men should always know about women? We all want to hear that we're beautiful. All of us. Whether it's your wife, your mother, your daughter, your grandmother, or any other woman that you know, noticing their new haircut, their outfit or something else that they've put effort into and telling them that they look beautiful is one of the greatest things that you can do as a man.

What do you look for in a man? Honesty, a sense of humor, and an unwavering moral character

What can we get you at the bar? A club soda and lime. I don't drink alcohol! Bloody Mary's and red beer (beer with Bloody Mary mix) always seek to do the trick on my friends.

What's a cause you are very passionate about and would want to have a bigger voice? I'm an investor with a CBD company that focuses on helping veterans, athletes and first responders because I'm a big believer in natural medicine. Big pharma is not your friend.

What's next for you? Any exciting projects on the horizon you can share with us. I'm excited for the next chapter with Brothers N Arms CBD! We recently launched some great partnerships with podcast hosts from around the globe (including Sonya Morton Firth in the UK), and I'm excited to see how we can continue to expand our brand and reach new people to teach them about the benefits of CBD.

Thanks for chatting with us, any last words for our readers over the holidays? Don't exchange your liberty for security. It's something that I think everyone in the world should remember, especially in the age of Covid.

A ROYAL Hangover

And what liquor does to the body

By Ian Kirke | Twitter @ianjkirke

ASCOT
QIPCO
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D
ROYAL ASCOT
Jun 18
Ian Kirke
Royal Ascot
1 of 1
Queen Anne Enclosure
2:30PM
10:30AM

Rubbing shoulders with the British Royal family should have been more than sufficient reason to act with a degree of decorum. After all, Prince Charles and his wife Camilla, the Duchess of Cornwall, were only a stone's throw away. I was at Royal Ascot, in my best suit, shirt and tie looking, if I do say so myself, rather dapper. As a COVID-19 test event, the usual attendance levels had been reduced by around seventy-five percent, thus eliminating the usual carnage associated with getting a drink at the bar, sitting down anywhere, and accessing the toilets. Owing to a simple case of being in the right place at the right time and being able to commit to the digital transfer of a ticket I was soon taking my coronavirus pre-screening tests and studying the form. The latter observation is stretching the point somewhat as I normally choose the name of a horse that resonates with what I'm currently thinking about or has a tenuous connection with a speedway rider or club.

Having been to Ascot races many times and also policed the event, I was more than aware of the symbiotic association of the event with alcohol. As a cop in the early 1980s, the drinking culture was rife and I had come to regard the consumption of copious amounts of alcohol as part of the landscape. I can recall, as a twenty-something rookie, controlling the traffic at the horse crossing proximate to a clubhouse. It was a boiling hot summer's day and the kind bar staff kept leaving me a cold refreshing beer hidden behind a bush. Come the end of the event I was significantly happier than at the commencement of my tour of duty. Many years later it dawned on me that I had been charged with the safety of some of the most valuable horses on the planet whilst half-cut.

Binge drinking was par for the course. As I matured, became a parent, and climbed the ranks the lack of compulsion coupled with the scarcity of opportunity led to a more stable relationship with booze. I am not a heavy drinker. Indeed many of my friends would probably now describe me as a lightweight. So what happened to me on this day in Her Majesty's playground came as quite a surprise. I ended the day unable to remember certain parts, feeling like I had been beaten up and becoming aware that my body was under attack. The phases of this dramatic deterioration gave little early indication of what was to occur and, as I write three days after the event, I am still feeling rather delicate. I have been drunk before but this felt different and for the first time in my life, I was compelled to discover what the hell was happening to my poor body. Was it simply an age thing? And did the subsequent remedies offered up by my more teetotally inclined friends and family have any discernible merit? Of course, I knew the overall solution to my final woes was to simply drink less, yet on the way out of this experience I was curious to discover why the following day, amongst other things, my farts reminded me of the last time I went to a post-mortem, my pee was darker than my poo, why I had started to smoke again after a sabbatical of nearly forty years, and exactly what type of chemical and biological attack I had inflicted upon my body?

But before I turn to a formal medical analysis it would be remiss of me not to chronicle the day's drinking as far as I can remember it, since it would appear that I had bouts of amnesia. For instance, did I recall the FaceTime with the ex-wife of my drinking chum Chris, where I allegedly spoke to my recently adopted cat (that's another story in itself)? Did I fuck! At 11am the day began with a large gin and tonic. Chris always pours gin into a tall glass in tribute to Niagara Falls. He has never owned a gin measure. So I am guessing this was a treble, followed by another, before we hopped into a taxi for the short drive to Ascot. Whizzing through security, waving our virtual tickets and COVID all clears, we immediately bumped into a Champagne tent where we invested in a bottle, priced £100. Perhaps this was somewhat out of character since I am a tightwad with honors. But then again, we went halves. This made total economic sense and we got a free commemorative bag too. The Champagne was polished off pretty quickly as we drank in the elegance of the racecourse from the posh Queen Anne Enclosure. So far so good. The remainder of the day, at the racecourse at least, became a repetitive sequence – bar, bet, talking bollocks, and bar again. I would estimate that I had four pints of Stella Artois beer, and a similar bevy of double gin and tonics. Again, I felt surprisingly good and enjoyed a chicken burger and chips, with the bottle of lager option. Around 6:30pm we left and taxied over to a local Chinese restaurant. I can vividly remember walking the few steps to the table and ordering my usual – spring rolls, beef in black bean sauce and special fried rice. This is where a sporadic absence of recall occurred as the following day Chris sent me a video of my dinner that appeared to be almost on fire as it sizzled and spat on the mini hotplate. I couldn't remember that bit, but I do recall the bottle of red. I can't remember the journey back to his either, but what I do recollect is a sudden, spontaneous meltdown – a shutdown of memory, ability to walk in a straight line and, apparently, talking nonstop gibberish.

Turning to my medical team of amazing National Health Service angels from the south coast, sipping a pleasant cup of tea I gingerly filled the dutiful nurses and health professionals in on the chaos of that day, and sought their collective sage advice...

Within the context of my day at the races what the fuck was happening to my body? Since consumption was consistent throughout the day in ambient surroundings my body had commenced a dehydration process. I was familiar with this facet since echoes of my mum shouting, "drink lots of water!" when I went on the piss as a student came flooding back. I more than likely ignored her then, as I did on this occasion because the only water I drank was contained within the several gallons of alcohol. I didn't fully appreciate the impact of temperature, and as one of my nurturing nurses explained, "In hot weather, this can ramp up the process, leading to confusion, loss of balance, coordination, judgment and loss of inhibitions." Perhaps I should have loosened my tie and removed my jacket, but I was looking fucking irresistible! Or was that my loss of judgment speaking?

Why did I start smoking cigars after nearly half a century? I was slightly reassured when one nurse admitted that she had stopped smoking years ago, but often fancied a ciggie when she had quaffed a drink or two. A colleague took up the drunken dialogue. "There is a link with the impact of nicotine on the brain. It dulls the ability to self-regulate; thus, you drink more." In summary, the booze had opened the sluice gates of sleaze and the cigars more or less kept them wide open.

The fun time feeling was maintained since I was informed that alcohol plays havoc with the receptors (basically the structures that regulate the messages in our brains), increasing the desire to smoke, thus creating a vicious circle. Medically speaking the cerebral cortex is affected by alcohol, making us do things we wouldn't normally do when sober. Hence the explanation for the cigars. I then remembered how gorgeous Sharon looked on that eventful night in 1983, yet in the morning she had undertaken considerable change. It all made sense now.

Why did the more obvious symptoms of being pissed only occur in a dramatic fashion towards the end of the day? This question made several of my nurses giggle and I detected a degree of naughtiness as many admitted to having been there too. I felt less of a hopeless case since they knew what I didn't and many still drank – respect!

I was then briefed that alcohol stimulates both dopamine and serotonin. Collectively these neurotransmitters boost the happy-go-lucky feelings. That explains why serotonin is also known as the happiness hormone, with dopamine being the feel-good equivalent. I also discovered that oxytocin is the cuddle hormone. No wonder I was prone to telling anyone close to me that I fucking loved them at the end of an intoxicated evening!

The sudden, dramatic implosion was simply due to the fact that I had reached peak concentration levels in my bloodstream.

Why, the following day, did my farts smell of a mortuary? The mixing of my alcohol intake ramped up the sulfate levels, resulting in chemical Armageddon, allowing the bacteria in my intestines to have their own rave. The normal absorption of nutrients failed on a catastrophic scale and the resultant chemical explosion meant that the exhaust fumes were toxic enough to remove the enamel from your teeth. I really had fucked with my personal biology.

Why was my piss a shade of dark mahogany? "Your piss was this delightful color due to dehydration, simple as that!" came the abrupt reply. That dammed water thing again! According to the Protein Data Bank in Europe, the chemical formula for Gin is C23 H22 F3 N3 O2. I needed more of the H20. My mum was right all along.

What happened to my memory? A more serious response brought the significant health issues into focus. "Drinking alcohol impacts on the hippocampus, slowing down the manner in which the receptors communicate with each other, thus causing short term memory loss."

This sobering response made me think of the irresponsible nature of this binging session. The hippocampus is a complex brain structure embedded deep within the temporal lobe and is responsible for memory and learning, two of my most important attributes. It is a delicate and vulnerable structure that can become damaged by a variety of provocations, including booze, often leading to a variety of neurological and psychiatric disorders. Certainly no laughing matter.

Was this totally down to an age thing? My gang of Florence Nightingales were in no mood to soft-soap this one! "Yes, age does have an effect on this. The brain in an older person is more sensitive to alcohol, and the cells of the hippocampus can deteriorate making older people more vulnerable to short-term memory loss." Being old, on this occasion, really did suck!

Why, for a couple of days after, did I feel like I had been beaten up by a cage fighter? My advancing years continued to haunt me as I wasn't spared any dumbing down of the medical post-mortem. "Sadly, it's age-related again since your metabolism is slower, so alcohol stays in the system longer. Muscle aches and pains are due to inflammation in the body as a result of dehydration, and an electrolyte imbalance. The breakdown of alcohol into toxins creates additional stress too. Falling arse over tit doesn't help either!" Maybe I had done that too, but to be perfectly honest I couldn't fucking remember! There was no tell-tale debris on my trousers. Actually, where the fuck were they?

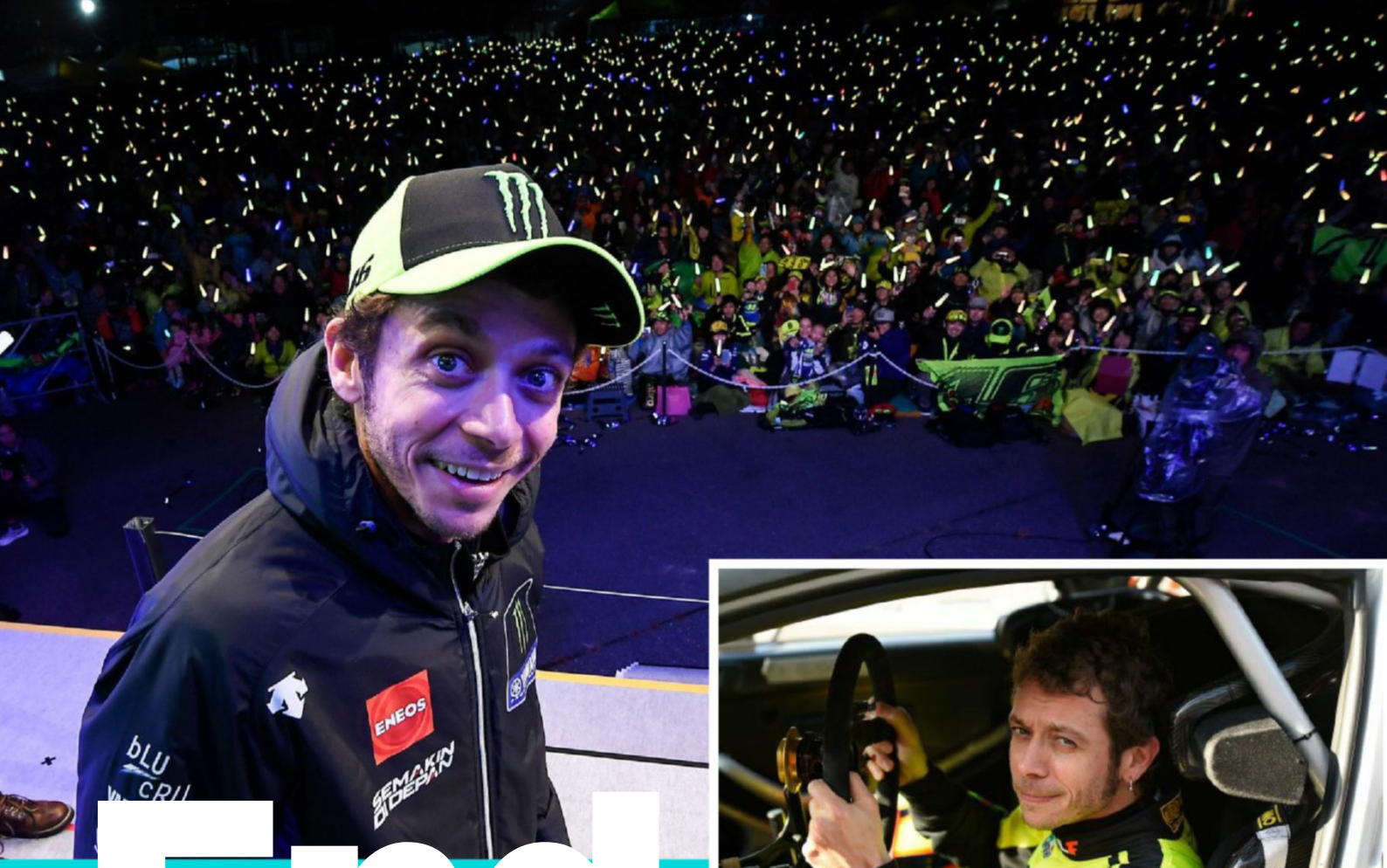
Are there any post-wankered remedies that work? I was hoping someone would say a big fat greasy breakfast, but alas it was the simple acts – staying hydrated and sleeping to let the body fully recover. The 'hair of the dog' was, as I had always suspected, for complete mutts.

What damage had I done to my body and is it permanent? At this juncture, I held my breath and listened intently to the softly spoken health professional. "Long-term alcohol use can cause irreparable damage to the brain, nervous system, pancreas, liver, and heart." Thankfully there did seem to be some glimmer of hope in my circumstances, "After your day at the races – apart from the obvious effects of slurred speech, sickness, loss of inhibitions and falling over – short-term damage can be naturally repaired." Thank goodness I only attend Royal Ascot once in a blue moon!

If you had been my medical conscience on the day how better could I have managed the ultimate carnage? "Don't get pissed! Pace yourself, stay hydrated, and eat plenty of nutritious food. Have a good time but be sensible. In other words, do as we say and not as we do!" Even the professionals strayed! I felt less compelled now to leave the room donning sackcloth and ashes!

So there you have it! The demons of drink reviewed by angels. However, to leave you on a more philosophical note, celebrating the huge significance of the hippocampus, I will leave the last words to arguably one of the greatest literary sages of all, Oscar Wilde, who according to legend, loved going on the lash too – "After the first glass, you see things as you wish they were. After the second, you see things as they are not. Finally, you see things as they really are, and that is the most horrible thing in the world."

Cheers!



End of an Era

#GrazieVale

Valentino Rossi wraps his final MotoGP Grand Prix

The end of an era, and the beginning of a new chapter. Nine-time World Champion Valentino Rossi has finished his final MotoGP race.

Having announced earlier in the year that he will be retiring from Grand Prix racing effective of the final flag of the 2021 FIM MotoGP season; Rossi's last ride is arguably the end of an era for Grand Prix racing, but it is also a chance to take a look back at the career of one of the greatest motorcycle racers of all time.

Spanning an incredible 26 seasons, Valentino Rossi's racing journey epitomizes Grand Prix competition at the very highest level. Synonymous with speed, talent, and enough Italian flair to fill multiple lifetimes, Rossi's journey from young contender to nine-time World Champion is something every motorcycle racer would want to emulate - whether they would admit it or not.

Rossi was the youngest rider to win combined World Championship titles in 125cc, 250cc, 500cc, and MotoGP, and has thrown his leg over factory machinery from Aprilia, Honda, Ducati, and Yamaha in his tenure on the world stage. Moreover, he is the only rider to win premier class titles on five different types of motorcycles (500cc 4-cylinder two-stroke, 990cc 5-cylinder four-stroke, Yamaha 990cc 4-cylinder four-stroke, Yamaha 800cc 4-cylinder four-stroke, and a Yamaha 1000cc 4-cylinder four-stroke).

Choosing a favorite record or moment out of a 431 Grand Prix race career in which he scored 115 Grand Prix wins (89 in the Premier Class), 96 fastest laps and 235 podiums would be a near-impossible task.

However, in his 12 years with Monster Energy - since signing to Unleash The Beast in 2009, there have been more than a solid handful of epic and memorable highlights. From burnouts in front of the Eiffel Tower, dominating the Monza Rally, carjacking Kyle Busch's Nascar, swapping places with Seven-time Formula 1 World Champion Lewis Hamilton - it has been an incredible trip. Hit play to check out some of the highlights.

Looking to the future, Rossi decided now was the best time to call time on his racing career. On announcing his retirement Rossi said: *"I said to everyone during the season that I would make a decision about my MotoGP future during the summer break. I have now decided to stop at the end of this season. Unfortunately, this will be my last half of a season as a MotoGP rider. It's difficult, and it is a very sad moment. It's difficult for me to say that next year I won't be racing a motorcycle. I've been doing this for more or less 30 years, but next year my life will change. It has been a long long journey and I've enjoyed it a lot. I've had some absolutely unforgettable moments with all the teams and people I have raced with. After 26 years in the world championship, it has been so great.*

I've had a very long career and I've been fortunate to win a lot of races. Some moments are more unforgettable to me than others. The feeling I have got from racing and the feeling of pure joy when I have won is something I will miss, and it is difficult to make this decision. But in the end, it is the results that make the difference, and so I think this is the right decision. At the moment I don't have a lot more to say, just this!"

Since stepping foot in the world championship paddock in 1996, Rossi has been a major player in shaping motorcycle Grand Prix racing as we know it today; and while we are sure that no Grand Prix will be quite the same without the larger than life rider from Tavullia, flanked by his army of Fluro-yellow-clad fans; we are excited to see what the future hold for The Doctor.

Grazie Vale! On to the next chapter!

TOP ONLINE Dating Tips

Is it safe?
How to spot a catfish!
And advice on finding your perfect match!

In the modern world of dating, couples are connecting online and through apps now more than ever. And the COVID-19 pandemic only helped to increase those wanting to find love - or something else - online more so. Before the pandemic began, 30% of all adults said they have used online dating sites or apps before. Among folks who have never married that number goes up to 52%, and is also higher among adults currently living with a partner at 46%. In 2015, the Pew Research Center found that 59% of people thought online dating was a good way to meet people, whereas just 44% shared that opinion in 2005.
Though its popularity is rising, you may still wonder if online dating is safe. Connecting virtually has risks, and it is key to keep in mind that dating apps don't conduct criminal background checks on users, so it's up to each user to determine if they are comfortable meeting up with someone. There have been countless horror stories of people being catfished, abducted, taken advantage of and even killed through seeking out others online or through apps. So, how safe is it, and what are dating apps doing to make it safer for not only women, but men too?

FHM spoke one-on-one with Jeffrey Tinsley, the developer behind the RealMe software that countless dating apps have been putting into action on their platforms that gives users actual verification and background checks, so that they can feel at ease when dating online. Oh, and he gives us his expert tips on what to actually put in your profile to find your 'perfect' match!

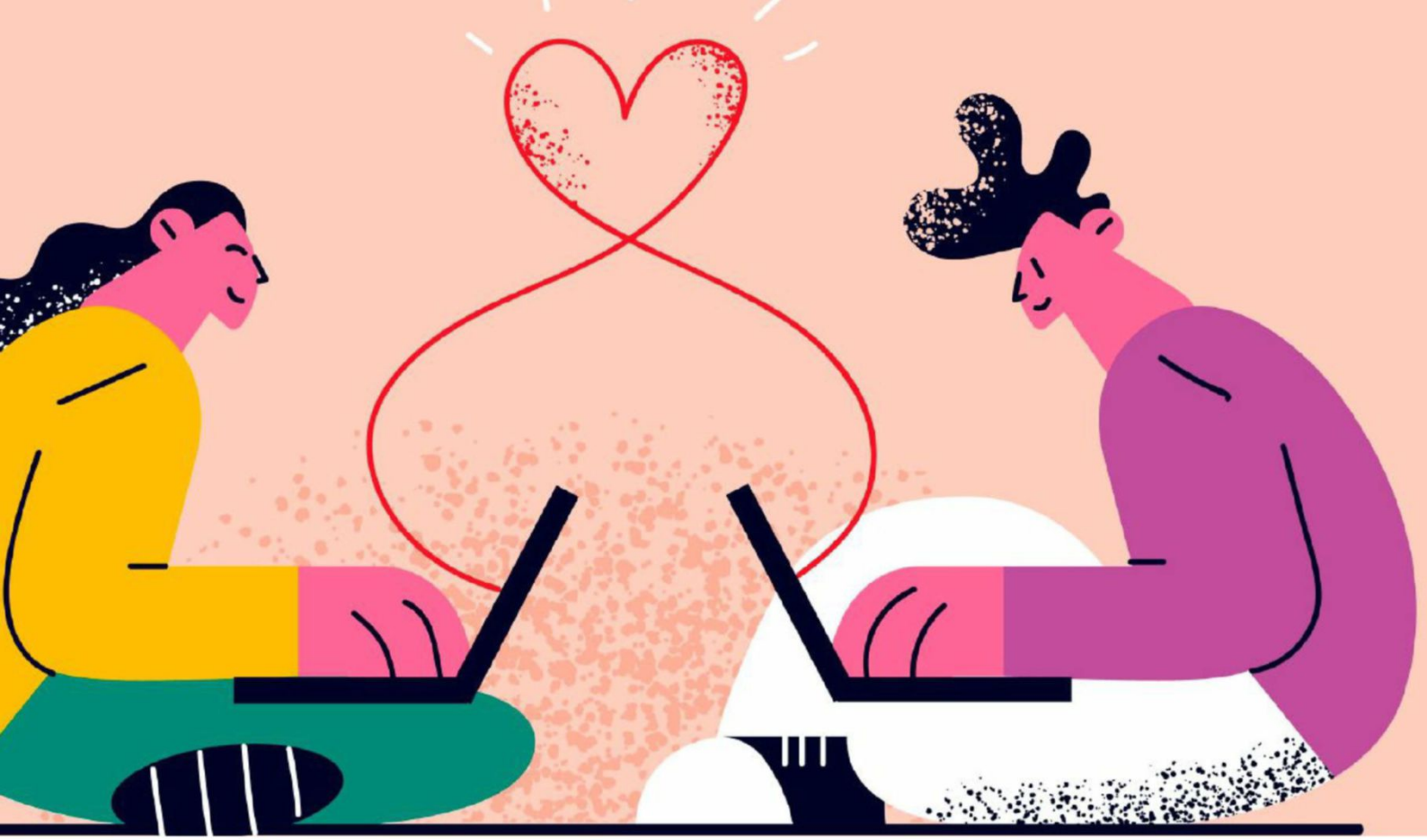
Why are more people now more than ever before trying to find love or some sort of connection via social media and dating apps? We buy movie tickets through an app. We get our driving directions through an app. We have dinner delivered through an app. We do our banking through an app. Now people even do their grocery shopping with an app. A better question would be why people would not date, look for love via a dating app. We are at a point where technology is driving culture, specifically personal relationships, like never before. Forty years ago, a man or woman might have met at a bar. Today that's prehistoric history. Modern dating apps lets you enter your relationship preferences and deliver people who are at least in the ballpark. Dating through an app is quickly becoming the norm, and for a good reason.

How safe is online dating right now in your opinion? And what are the biggest risks right now out there? In March 2021, 1,000 executives in the online dating industry were surveyed with the intention of better understanding dating apps. The survey showed that the #1 priority among dating app insiders is user safety and security. More than 63% of respondents believe the risk of scams and fraud in online dating is increasing. According to Psychology Today, as many as 84 percent of online daters falsify some portion of their profiles, and as many as 10 percent are entirely fake. NPR recently reported that Americans lost $143 million in online relationship scams. Again, the sky's not falling, but a lot more needs to be done to keep people dating online safe. And every executive at every dating app knows this. It's time they got serious about protecting people.

What tips can you give people for creating a profile that will stand out and help them meet their match? First, and super important, drop the typical walking on the beach or watching the sunset while sipping wine on the rooftop; even if it's true, it's such a worn-out cliché. Say something real about yourself. As corny as it sounds, list your hobbies, the things you are passionate about say a lot about you. Hobbies that you can do with another person are excellent since they will give the other person an idea of what you'll want them to try. Instead of Hollywood-looking headshots, post photos of you doing things; oh, and include pictures of you smiling. Avoid being negative. If you're dating profile is negative, you're probably signaling that you're a glass half empty sort of person.

What things should people look for while swiping on apps that may indicate the other profile is fake, a bot or even worse, someone who has a criminal or bad background? One of the first signs a profile might be fake is that it only has one or two photos, especially if they look professional. If the profile seems to be bragging about how much money they have or some other social status, be suspicious. Profiles that are barely filled out are also a bad sign. And if they send you links to check them out on another site, well, delete them. But if they have links to social profiles, Instagram, to name one, that would be a sign the person is real. Of course, you can cut to the chase and ask to Facetime with the person. Hopefully, the dating app partners with RealMe; if so, you'll see the RealMe icon. Click on that, and you'll learn the truth about the person you're interested in.

What do you advise people do if they do indeed get "catfished"? If your readers don't know what catfishing means, it sim-



ply means someone is using a fake profile, unfortunately, not uncommon on dating apps. One of the signs that you've been catfished is if someone gorgeous and amazing is professing undying love for you. Your ego can't possibly be large enough for you to believe that this is real!? Another sign, you've not yet met in person, and they're already talking about spending the rest of their life with you. The first step is to write the person a letter explaining your feelings and what you suspect. Be prepared for crazy denials: They're in another country and can't meet you right now. Of course, if you send money, they'll jump on a plane – ha! Immediately after this, you should block them on all of your social media accounts, block everyone you've met through them. You should even change your email address. Do not consider the catfisher's feelings. Nothing good will come from continuing contact with that person.

What future trends in dating security do you foresee happening? I think there is going to be a shakeout, a safety shakeout. People will continue using dating apps, but they'll start to walk away from the apps that don't take member safety seriously. The risk to people on dating apps is real. Dating apps are going to be forced to do something about it. One of our recent surveys showed that nearly 9 in 10 online daters wish they could obtain more information about the person they were talking to and would be more likely to meet up with them if their profile was "verified" via enhanced safety features, such as a reputation checker that pulls data from criminal records, lawsuits and financial documents. And there are many good reasons people are demanding this information. Research has shown, again and again, people are being hurt on dating apps, being hurt emotionally, financially, and unfortunately, sometimes even physically. The problem dating apps face is that members aren't vetted. Sure, many people find their soulmate on them. But you're most likely to find someone not being honest with you. For instance, three out of four people on these apps misrepresent themselves in one way or another; one in five people uses a fake photograph. And the most horrible part of the dating app experience is that 30% of daters on these apps have been hurt by someone using a fake profile. These are facts that dating apps will have to take seriously if they want to survive and thrive as businesses.

Which apps around the world are "doing it right" by their users right now would you say? The first one that comes to mind is White Label Dating. They have a network of over 4,000 dating apps and have integrated RealMe into all of them. Each profile has the RealMe icon; a member just has to click on it to help stay safe. It's smart. It's easy. White Label Dating deserves a pat on the back. Two popular dating apps for animal lovers, Dig, for dog people, and Tabby, for cat people, have also partnered with us for the same reason – to keep members safe. We are in talks with other apps that we can't talk about right now. But partnering with RealMe is a safety trend I'm excited about right now.

Anything else fun you'd like to add or include for our readers? People should demand better from the dating apps that they join. They should demand safety and demand that apps make their safety the biggest priority. We are anxious to partner with any app that puts safety first.

Olivia Bracy

Model | @oliviabracyy_

Photographer Mike Cohen Photography | @mikecohenphotos
MUA Olivia Louise | @Olivialouisemakeup_
Producer Social Ikon | @social_ikon
PR LSA Publications | @leo.alderman @lsapublications

Such an absolute honour to have you feature on FHM! What has your journey as a certified bombshell been like so far and how did you come to shooting with the new platform Social Ikon? It's a dream come true being published never mind in the ultimate magazine FHM! I was over the moon when I won the competition to go to Marbella with social ikon and what a trip it was.

What was your favourite part of the Social Ikon modelling competition shoot? I can honestly say hand on heart I loved every minute of it and was honoured to work with the amazingly talented Mike Cohen. The content I've received from the shoot is unbelievable. Social ikon has also introduced me to lifelong friends.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? I believe in the law of attraction along with dedication and hard work but It's a passion of mine, so it comes easily.

Top 3 best moments of your career? My top 3 moments of my career would be working with high end brands on paid Instagram promotions, paid photo shoots & even catwalks, working with professional photographers, and finally working with social ikon who gave me the opportunity to go abroad & get published in your phenomenal magazine.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? Well I'm quite extra For the best date I would expect to be taken to the Maldives and stay in one of those little huts and have a candle lit dinner in the evening.. don't ask for much aha.

What are, hands down, your absolute favourite things to do? I love my job modelling as it's very empowering, I have also got into cooking so I'm enjoying pushing myself to cook & eat healthy and nutritious meals along with going to the gym and making myself feel good, most would say I'm a socialite as I go out most evenings and love a good Porn Star Martini.

3 ultimate deal breakers when it comes to men? Cheating, lying & being big headed as I won't stand for any of this as I know my worth.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? I would love to travel the world I love exploring and adventuring around and seeing different cultures and beautiful views.

Where would you say is your favourite place to be in the world and why? Wow that is a hard one I can't pick just one place.. I love 3 places for 3 different reasons.. Ibiza will always have a place in my heart I love it and the vibe everyone's just happy and I love a good rave and can't beat ocean beach, then I love turkey my family have a place over there so it's like a second home to me & Mexico is incredible cannot beat the Caribbean beaches white sand bright blue seas just a magical place for sure!

What is currently playing on loop on your playlist? I can't stop Singing to Adele in my kitchen whilst I'm cooking.

Can our readers catch up with you and stay updated with your work on Social Ikon? Yes, will definitely be uploading plenty of content to social ikon make sure to sign up to my page!

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Can't tell you how excited I am for my family and friends to finally see my photos published in such an iconic magazine.

Such an absolute honor to have you feature on FHM! What has your journey as a certified bombshell been like so far? It's been amazing! Very grateful and Love everything that I've been able to accomplish in my life.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? Mindset is everything, you have to believe in yourself, just keep going, don't give up on dreams and goals. You have to push yourself.

Top 3 best moments of your career? Looking back and feeling accomplished that I did that. letting fear go and not worrying what others think. Feeling loved and supported in all my adventures.

What is your favorite chill time activity? Lying in bed and watching one of my shows or reading a book.

We are taking you out on your ultimate date and we really want to knock this one out of the ballpark, what would that entail? Beautiful view, amazing food and wine. Jet set anywhere. Romantic setting.

What are, hands down, your absolute favorite things to do? Experience new things, love traveling, doing different activities, going to new restaurants, I'm a total experience Junkie, I want to do it all.

3 ultimate deal-breakers when it comes to men? Way too many deal-breakers to list. If they can't keep their words. If they can't make time. If they can't be honest.

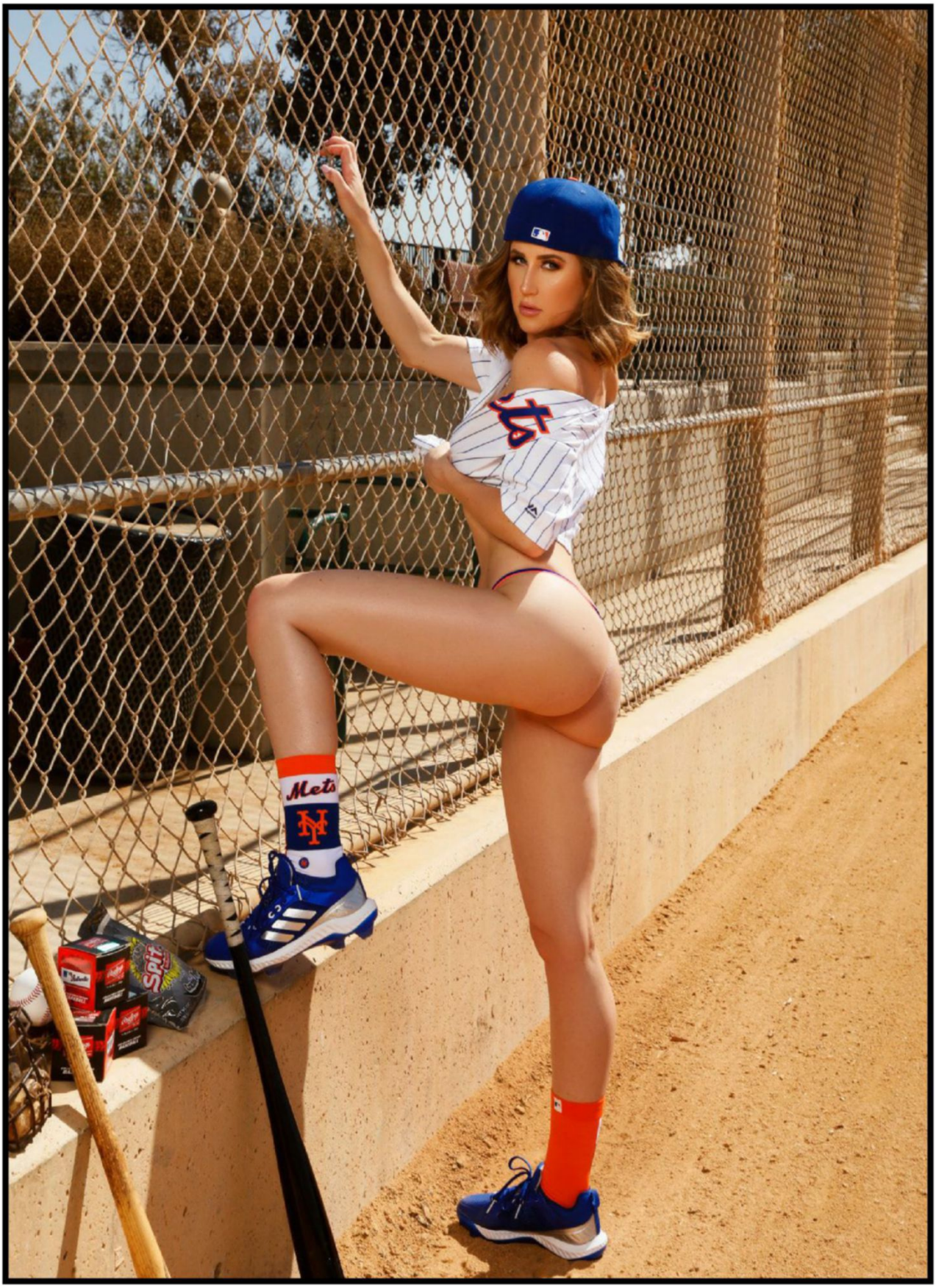
You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? Intergalactic travel, launch me into outer space.

Where would you say is your favorite place to be in the world and why? Tulum, Mexico, always a memorable fun time, so relaxing, beautiful sunsets, and great nightlife, bars/ restaurants.

What is currently playing on loop on your playlist? Illenium, Justin Bieber, and saint JNH.

Where can our readers catch up with you and stay updated with your work? Instagram @shelleyjane333. IMDb.com – Shelleyjane. Website- shelleyjane.com.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? My ending quote for the world: Life is all about perspective. "Co-create a better world, Align the heart to consciousness." "We can only solve these problems together. It's time to Wake up and join the movement, bring forth awareness, change and global unity.
- Shelley jane.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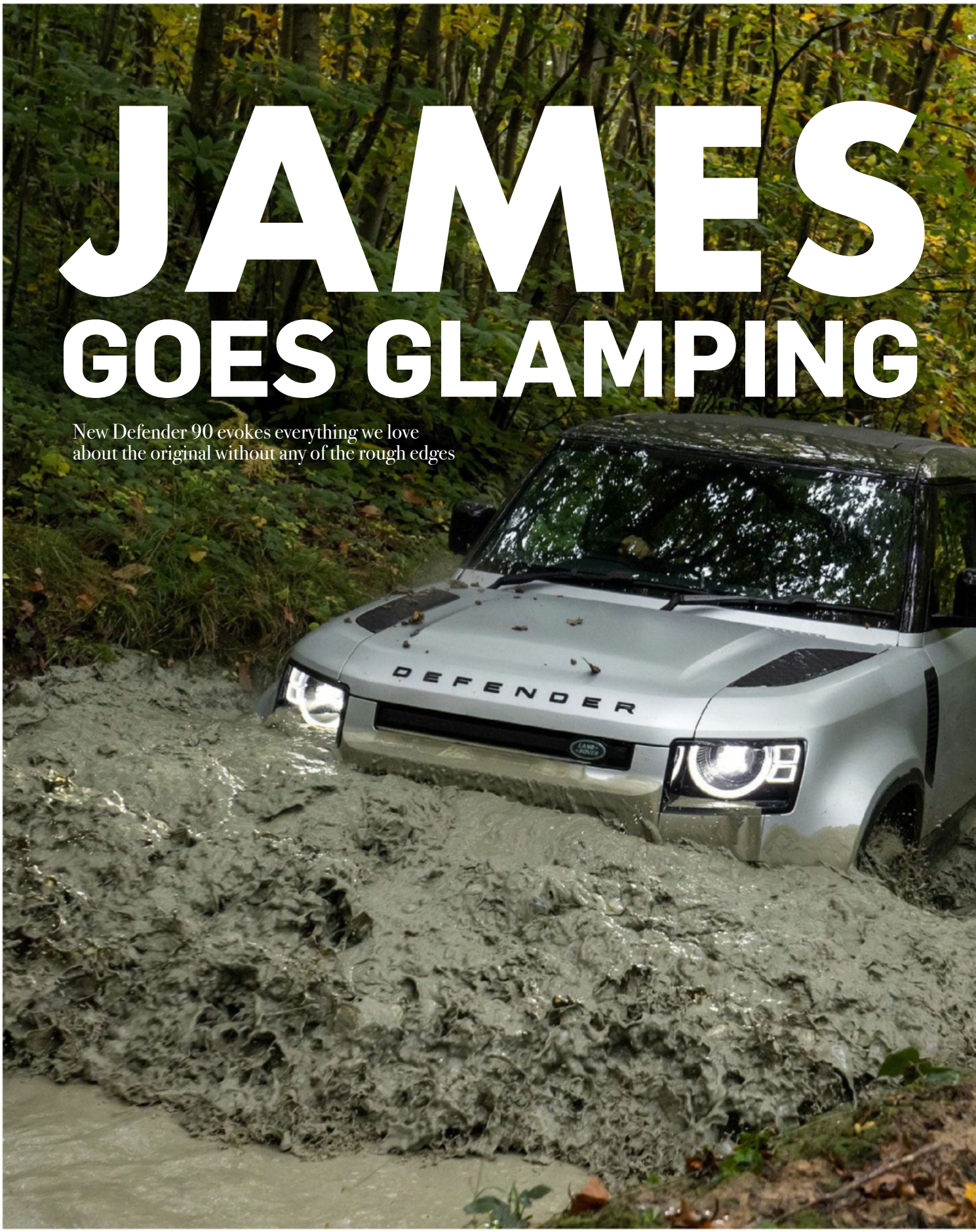
JAMES GOES GLAMPING

New Defender 90 evokes everything we love about the original without any of the rough edges



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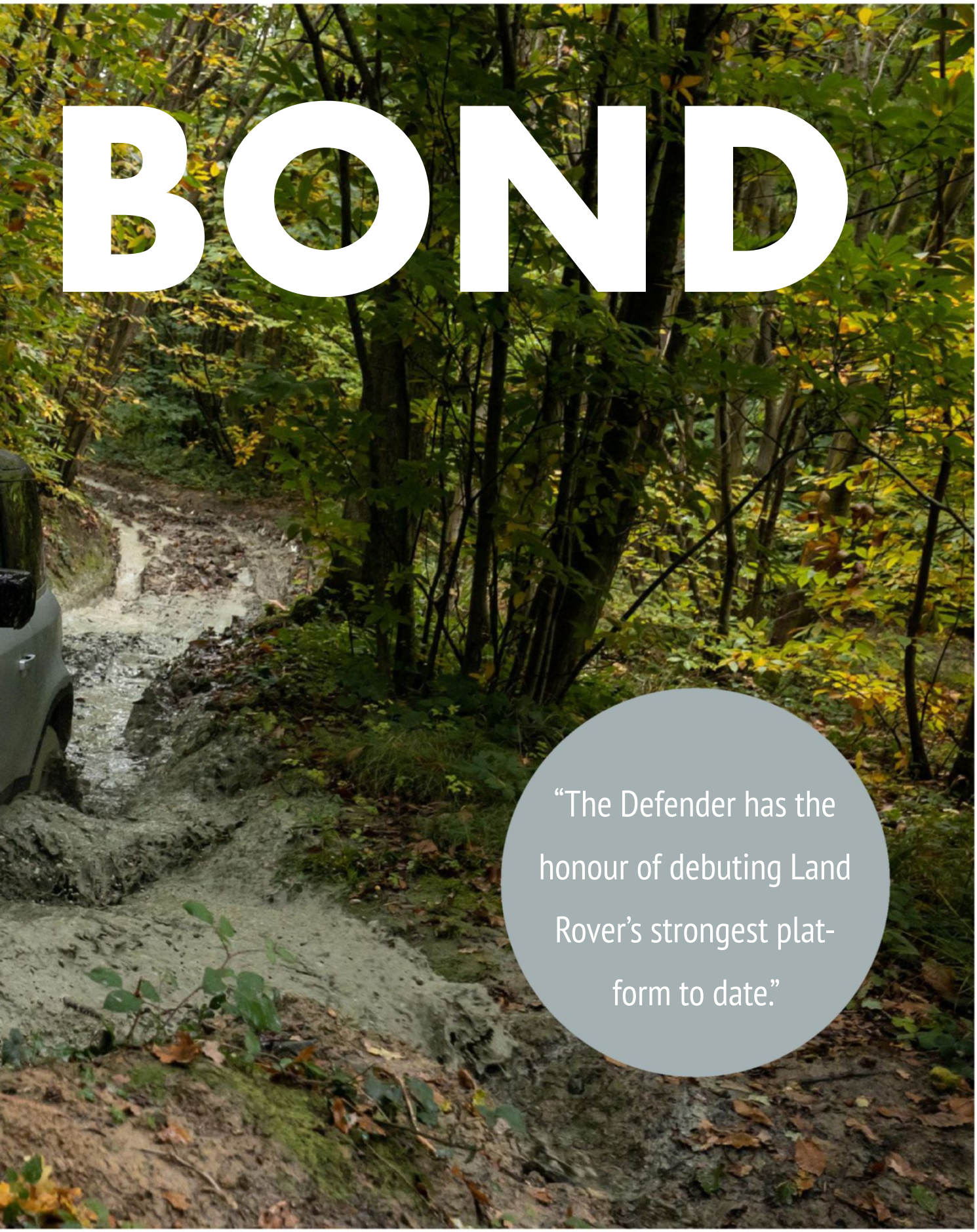


"The Defender has the honour of debuting Land Rover's strongest platform to date."

This is Land Rover's smallest, most capable, and possibly most anticipated car on sale with the weight of expectation, to merge evolution with tradition, walking a thin tightrope.
This particular model on test is the Defender 90 D300 HSE X-Dynamic which despite being announced together with the larger 110, only arrived in South Africa several months later. Its arrival adds even more variety to Land Rover's luxury off-road offerings which remains in good health thanks to models like the Discovery and Discovery Sport.

However it is the Defender that molded the brand into what it is today; its qualified and famous off-road credentials contributed to sectors such as medical, farming, research, conservation, charity, military, and philanthropy – in fact, the Defender is such an iconic name that it probably deserves a medal for long service.

Despite a clean-sheet design, the Defender is keen to write more chapters to its own coffee table book.

As you would expect, there are common design cues borrowed from the 110, and its tall appearance is slightly exaggerated by the wheelbase which has been shortened by 435mm. Approach and departure angles are the same as the 110 – 38 degrees at the front and 40 degrees at the rear, which is to say excellent.

Angular styling echoes the old Defender but the build quality is tight and crisp with aggressive-looking rubber and plenty of ground clearance, even with the optional air suspension set to Normal. Small (Alpine) windows in the roof ape the original, as does the rear-mounted spare wheel.
The doors close with the reassuring seal of a vehicle capable of wading 900mm, and happy to have its electronics submerged in water for over an hour. Needless to say, overall build quality is tremendously satisfying to use and practical.

The Defender has the honor of debuting Land Rover's strongest platform to date and some of that development involved repeatedly ramming it into a 10-inch curb at 25mph … Unconventional methods!
Inside you feel protected, insulated and in command, sitting comfortably in a cabin that looks sophisticated yet is easy to use. Rear passengers have a far tougher time; ingress to the rear seat involves waiting a painfully long time for the electric seats to crawl forward and then lifting and twisting your way in through a narrow gap. Even children struggled.

To ensure that the first interaction isn't an overwhelming one, Land Rover has retained well-marked buttons for driver and passenger. It's a neat, effective slab of design that allows one to do things like adjust ride height, activate hill descent control or climate control without needing to interact with the touchscreen. Hoorah.

The screen isn't the largest but it runs Land Rover's new Pivi system which is vibrant and energetic and also displays a variety of customizable information thanks to its

vertical tiles and quick shortcuts.
The dashboard is another purposeful piece of engineering. Besides sandwiching the touchscreen, the two vertical bars create myriad pockets for storage space, and grab handles blend subtly into the design. In fact, nearly everything in the Defender's cabin has an alternative use.
Body lean, pitch and roll were characteristics that defined the old Defender 90 – as well as howling cabin noise – so we expected some of them to haunt the new Defender. However, to the contrary, the new Defender is wonderfully composed and stable. There's not a hiss of wind noise around the steep A-pillars or mirrors, and the air suspension is a revelation, perfectly calibrated to mask every bump with a supple yet controlled ride. The higher side-wall tires certainly attribute to this absorption and tire roar is minimal at highway speed. There are several posh SUVs and sedans that could learn a few lessons about ride comfort from the Defender's setup.

Surprise number two was the performance from the six-cylinder 3,0-liter turbo diesel, slightly helped by the 90s lower mass versus the 110. It offers a strong surge in the later phases of right ankle flex yet remains silky smooth with imperceptible shifts offered by the gearbox. We wouldn't call it an entertaining drive, but time at the wheel is effortless and calming, which is also assisted by vehicle's ergonomics as well as an ambiance that feels (and is) entirely unique and rewards with special nostalgic moments – such as a fellow Defender fan giving you the thumbs up.

Show a traditional off-roading anorak the amount of technology underneath the skin of the new Defender and he's likely to show his prejudices over reliability and durability. That aside, off-road tech has been stuck on traction control systems and on-the-fly settings for about the last decade and has been in desperate need of a digital overhaul. The Defender is equipped with the super intuitive Terrain Response 2 setup that allows the driver to scroll through various terrain options but even that isn't entirely necessary because the system can be trusted to make its own decisions based on complex inputs. However one of the keys to off-roading is knowing where to place the front wheels but the new ClearSight Ground View Technology takes out all that guesswork by using the many cameras to create an accurate and real-time display of the terrain underneath the bonnet.
It might leverage some of Land Rover's DNA but the Defender's personality is not influenced by any of them. It feels fresh and innovative but solid and tested at the same time. Every idea has been fleshed out and you still get the impression that the engineers jumped between old and new concepts frequently. The amount of personalization in preconfigured packs helps to make those off-roading decisions a lot easier, especially for the first-time off-roader.

We thought we'd need to find an epic adventure to unlock the Defender's appeal but its enjoyment is far more layered than the anachronistic legend had us believe.

Pawan Dhingara

FIAT'S 500 HAS THE X FACTOR

Fiat takes on the booming crossover market by putting the 500 on a muscle-building diet

Try to think of a Fiat currently on sale other than the 500. Suffice to say, without the 500, Fiat South Africa isn't overcrowding its potential buyers with a diverse line-up. So with only one iconic name to champion, it's easy to understand why every effort is being made to amplify the 500 range, not just with various trim and specifications, but also by entering the crossover segment with the 500X. It's an important car because it offers an alternative for those existing customers who would otherwise be forced to look elsewhere the moment their lifestyle outgrew the regular 500.

Adding a few more centimeters to the 500's length, width and height sounds easy but retaining that adorable 500 personality in a larger frame comes with its challenges – just ask MINI with its Countryman.
In a few words, this is a Fiat 500 that has gone through puberty. Those larger – four - doors and higher roofline don't overshadow the 500's disarming style and the X-variant is a faithful adaptation of the original with many of the quintessential design ingredients smiling and winking back at you from across the parking lot.
On this rare occasion, we're in the mid-range Connect spec rather than the default test car full house 500X Sport but to be honest, I only realized that several days into the test drive. Normally I would be alerted to this fact by smaller alloys, and slabs of black trim but even in this modest trim, the 500X looks like a complete and stylish package. It also doesn't have a macho off-road look to it; a complete absence of scuff plates (on this model) and nudge bars means that it still prefers cobblestone streets to a rocky picnic spot.

Practicality and style usually sit on opposite ends with many car brands choosing something conservative, cheap to manufacture, and hard-wearing. The 500X takes a more adventurous route with contrasting colors and lots of unusual shapes that somehow all gel together well enough. Various trims and surfaces feel solid to the touch and that usual stigma of build quality never became a concern during the test period - you can yank, pull or push everything in sight and yet the buttons provide the same reassuring response time after time.
Thanks to enough movement in the steering wheel and driver's seat, I didn't need to fold myself into a pretzel in order to find a suitable driving position, which later became a real

treat when the road started to get a little twisty. The version we had on test was fitted with the 7.0-inch Uconnect system which is within easy reach and view and triples its capability when a smartphone, running either Android Auto or Apple CarPlay is plugged in.

As has been the case since the 500X was launched more than five years ago, all models are powered by Fiat's 1.4-litre turbo mill with 103 kW. There's a very good reason why the regular 500 doesn't wasn't on the cards for this engine – it would simply be too fast! Even in the bigger-bodied 500X, performance is punchy and although the manual gearbox tries to cool down its performance by a lengthy trip and a little bit of vagueness between the gates, I haven't had this much fun in a crossover for a very long time. The lower center of gravity helps of course to keep its composure despite a busy chassis aggressively cresting and skipping each and every bump. The tires claw the road's surface under hard acceleration while the turbo sings, and it's a truly addictive combination that melts away the years.

A more entertaining drive in this segment is hard to find outside of a MINI thanks to that fizzy 1.4-liter engine and a chassis you can confidently chuck around corners. The cabin also makes a good first impression – you can sense that Fiat has spent a lot of time getting different-sized humans behind the wheel as well as sticking to some well-known motoring conventions. Yes, the 500X has matured incredibly well, balancing common sense with a dose of nonsense in the true definition of the word crossover.

Pawan Dhingara

FAMILY THERAPY

One of the oldest players in the SUV game goes in for a massage

If you take your mouse cursor and drag it all the way to the right of Renault's SUV line-up, past models like the Renault Duster, you'll eventually arrive at the Renault Koleos – albeit still affordable for the starting Expression Model.

The Koleos is a familiar name that entered the scene near the beginning of the SUV explosion in 2008 but then went a bit quiet as Renault expanded its range of affordable compact crossovers and axed some of its luxury nameplates.

Satisfied that the range now caters to the latest trends, budgets, and tastes, Renault has ended off a busy 2021 campaign by giving the Koleos its small makeover which aims to strengthen its defense against rivals like the Mazda CX-5, RAV4 and KIA Sportage.

The exterior changes are subtle and a careful side-by-side comparison is probably needed if you want to spot them all without any hints. Regardless, this is an attractive SUV with contemporary styling that combines passenger car finesse with essential SUV traits. The flowing lines do a great job of visibly shrinking its length and I might even go so far as to say it looks athletic versus some of its chunkier rivals. Strips of chrome brighten the front end and the bold light design, which hugs each corner of the car, puts up a striking presence after sunset And if you're still curious to know what actually sets the new version apart, take a look at the wheels and the power tailgate...

A feeling of lightness and minimalism presides over everything, from the heft

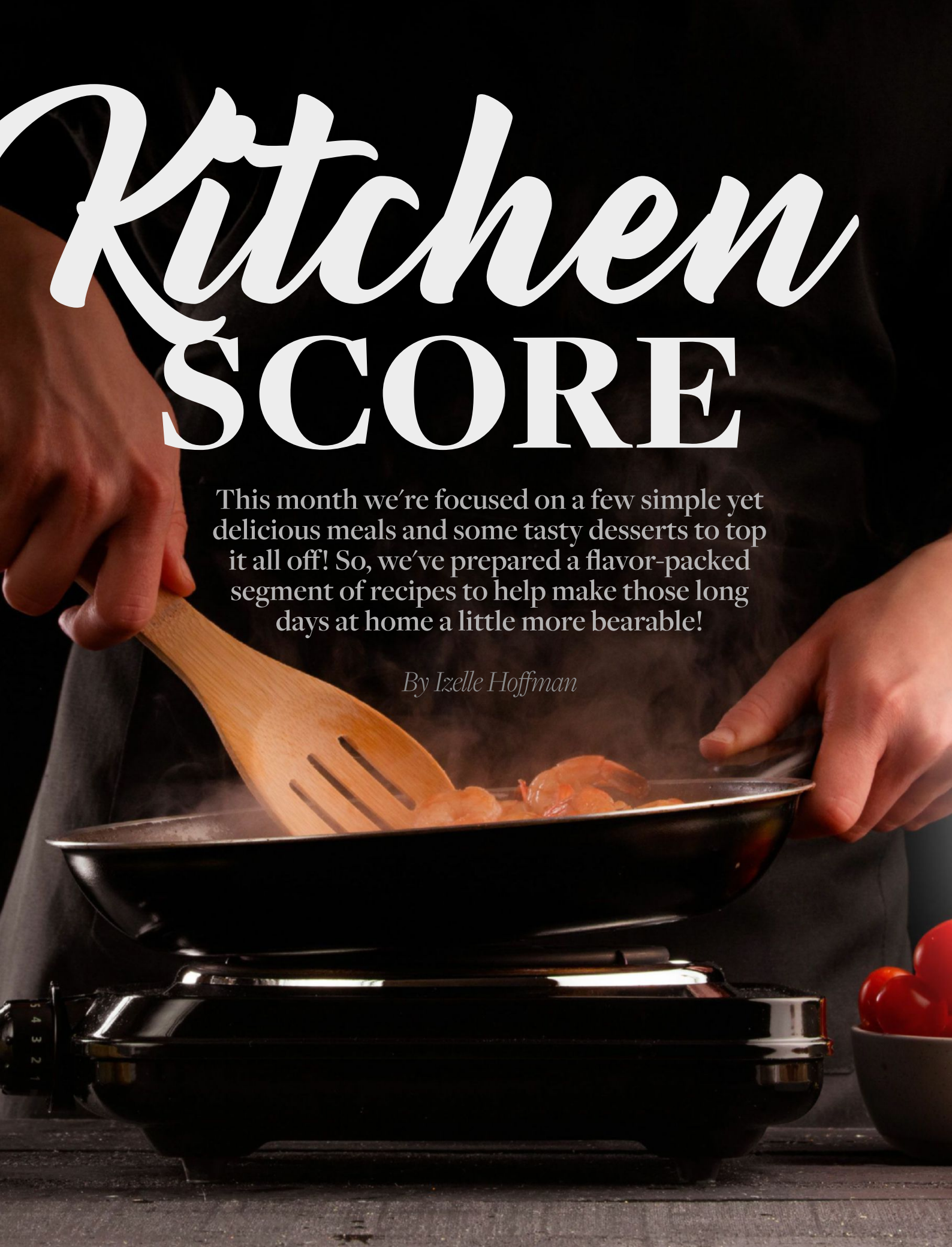
of the steering to the handful of buttons on the dashboard. For the first time, there's an electronic handbrake and that small tweak allows additional space between the seats for coffees or smartphones. The majority of changes or settings are done via the vertical touchscreen, and it arranges the obvious things (like climate) near the surface and hides the more obscure stuff further back. The system still glows with some offensively bright red and blue tones and could react a fraction quicker but importantly the user experience is linear so if you make a wrong input, it's easy to find your way back and start over. The quality of the leather feels good, the stitching is smart too - Koleos definitely does look and behave in a way befitting Renault's most premium offering.

This is a deceptively spacious car, and at the wheel, it doesn't feel any bigger than a Duster, thanks mainly to the comparatively low seating position and bonnet line. It takes just a few seconds to get comfortable and drive off – all forms of electronic assistance overpowering any tactile sense of driver involvement.

Fans of normally aspirated engines above two liters will rejoice at the Koleos' – unchanged – mechanical underpinnings. The 2.5-liter engine produces a fairly anemic 233Nm of torque compared to lively turbocharged rivals but that didn't translate into much of a penalty with the Koleos still managing a respectable 0-60mph in under ten seconds. That said, the passing scenery never wooshes by at a rate that suggests it's about to trouble the speed limit and no part of the drivetrain, especially the CVT gearbox, revels in a sudden stab of throttle. Yet for the typical situations, it'll find itself in, the speed and overtaking power was adequate.

The refresh for 2021 only brushes the surface so we're not expecting the Koleos to suddenly reinvent itself to a new audience. Still, it retains an effortless and forgiving nature around town and the extremely spacious rear legroom should be compelling reasons behind the final purchase decision. While it doesn't stand out as a clear winner in any conceivable category, the Koleos is one of those vehicles that becomes part of the family photo album over time and gently removes all the stress that's usually associated with stepping up into a bigger SUV.

Pawan Dhingara



Kitchen SCORE

This month we're focused on a few simple yet delicious meals and some tasty desserts to top it all off! So, we've prepared a flavor-packed segment of recipes to help make those long days at home a little more bearable!

By Izelle Hoffman

Oven

ROAST PUMPKIN

Prep time: *10min* | Cooking time: *45-60min* | Servings: *4-6*

Ingredients

- 1 whole medium pumpkin cut into wedges (*leave the seeds and skin*)
- 3 tbsp olive oil
- 3 tbsp raw honey
- 2 tsp salt
- 2-3 heaped tbsp almond flour
- 2 tsp dried basil
- 2 tsp red chili flakes

Instructions

1. Preheat oven to 390F (200C).
2. Prepare a baking tray with nonstick spray.
3. Arrange the pumpkin wedges on the tray.
4. Spray with olive oil and drizzle with honey.
5. Season with salt and sprinkle with almond flour, basil and chili flakes.
6. Place in the oven for 45 to 60 minutes or until the pumpkin is cooked and crisp to your preference.

Quick & Easy

CREAMY AVO SOUP

Prep time: *5min* | Cooking time: *±15min* | Servings: *2*

Ingredients

- 2 cups unsweetened almond milk
- 1 avo - mashed
- 1 can of butterbeans rinsed, drained and mashed
- 1 tsp salt
- 1 tsp ground black pepper
- 2 tsp crushed garlic
- 2 handful of baby spinach
- 2 tbsp raw honey
- 2 tsp oregano
- 1/2 tsp chili flakes
- Hot water as needed

Instructions

1. Make use of a medium pot and prepare with a nonstick spray.
2. Pour the almond milk in the pot, add the mashed avo and mashed butterbeans and stir well.
3. Add the rest of the ingredients and allow to heat up till it starts to boil, and the baby spinach has wilted properly.
4. Turn the temperature down and allow to simmer for a few minutes before serving.
5. One can adjust the thickness as desired by adding boiling water.
6. Ideal to store in the fridge, just add a bit of boiling water when reheating and allow to simmer for a few minutes.

Creamy Avo with Spinach

MUSHROOM QUICHE

Prep time: *15min* | Cooking time: *±20min* | Servings: *6*

Ingredients

CRUST

- 6oz (180g) almond flour plus extra to sprinkle over the quiches
- 4 tsp raw honey
- 2 tsp water
- ¾ tsp salt
- ¼ tsp ground black pepper
- 1 tsp dried parsley

FILLING

- half a pound (250g) spinach
- 1 avocado - mashed
- 1/2 cup of unsweetened almond milk and extra if needed
- 1/4 tsp salt
- dash of olive oil
- 1 medium red salad onion, finely chopped
- half a pound (250g) of mushrooms
- 1 tbsp raw honey
- 1 tsp smoked paprika
- 1 tsp dried parsley
- ½ tsp desert salt
- 6 eggs

Instructions

1. Preheat the oven to 360F (180C) and spray 6 mini quiche pans with nonstick cooking spray.
2. Prepare the crust by combining all of the ingredients in a mixing bowl.
3. Scoop 2 heaped tbsp into each quiche pan, distribute evenly and press down firmly to form a dense crust and set aside.
4. Wilt the spinach until soft in a saucepan of boiling water.
5. Drain well and squeeze out all of the water.
6. Mash the Viavi avocado and mix with the almond milk, add the salt and stir till smooth and creamy.
7. Heat a little olive oil in a frying pan and brown the onion.
8. Add the mushrooms and fry until cooked.
9. Add the honey, paprika, parsley and salt and mix well.
10. Divide the spinach between the quiche pans and then top with the onion and mushrooms.
11. Whisk the eggs until fluffy and add to the avocado cream, mix well and then pour over the quiches, filling the pans.
12. Sprinkle with almond flour.
13. Bake for 20 minutes.
14. Remove from the oven, drizzle with olive oil and allow to cool before removing the quiches from the pans.
15. Note: To make 1 large quiche, use a large 8-inch (23cm) quiche pan or pie dish and bake for 20-25 minutes.

Chicken & Peppadew

AVO PASTA

Prep time: *5min* | Cooking time: *20min* | Servings: *2-4*

This super easy, healthy and deliciously creamy avocado pasta sauce recipe is made with only a few ingredients and never disappoints! Packed with immune-boosting benefits it's a great all-rounder recipe for a lunch or dinner option! And the secret ingredient...? Viavi Avocados of course!

Ingredients

- 1lbs (500g) pre-cooked pasta of your choice - we prefer a chickpea or rice-based pasta
- 2 chicken breasts tenderized and pan-fried with olive oil, and seasoned with salt and ground black pepper
- 1 red salad onion diced
- 2 tbsp olive oil
- 2 tbsp raw honey
- 1/2 tsp salt
- 1 heaped tsp of minced garlic
- 2 Viavi avocados - mashed
- 1 cup of unsweetened almond milk
- 1/3 cup fresh basil or a herb of your choice - chopped
- 3.5oz (100g) chopped peppadews
- 2 heaped tbsp almond flour

Instructions

1. Pre-cook the pasta, rinse and allow to cool off.
2. Prepare the chicken fillets and set aside.
3. Preheat a pan with olive oil and fry onions till brown, add the raw honey, salt and garlic and allow to caramelize.
4. Mash the Viavi avos and mix it with the almond milk and fresh herbs until it forms a creamy texture.
5. Add the almond 'cream' to the pan and stir well.
6. Reduce the temperature and allow the sauce to heat up slowly and simmer for a few minutes - if you find it too thick you can add a bit of water or another dash of almond milk.
7. Pour over the pasta and mix well.
8. Dish up, top with chicken and peppadew and sprinkle with almond flour before serving.

Tania Marie Caringi

Model | @taniamarie.c
Photographer Fabio | @fabio_pregnolato_ph
Photographer of Jewelry @wanpalombi
Jewelry line @perinellilino | @caringi_delena | @lovelookjewls
Model of jewelry Francisca | @who.is.francisca
Hair by Domenico | @domenicovisonehairstylist
MUA Robyn | @robinfacemaker

Such an absolute honor to have you on feature FHM! What has your journey as a certified bombshell been like so far? Certified bombshell omg blushing. I'm absolutely honored to have the opportunity to be featured in FHM USA thank you so very much my journey has given me the opportunity to be a voice for breast cancer awareness and the importance of loyalty and unity the importance of team working.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? What motivates me is the vision at the end of the tunnel and having an impact on the world for the positive and witnessing where the process began and completed Fall in love with the process.

Top 3 best moments of your career? My three best moments of my career are being featured in Vogue Italy Forbes USA and creating a clothing line Tania Marie Caringi collection and jewelry line revival collection sold internationally made in Italy CD'E w/ Carmen D'Elena & Love Look Jewels.

What is your favorite chill time activity? My favorite chill time activity is reading and taking walks in nature I love hiking.

We are taking you out on your ultimate date and we really want to knock this one out of the ballpark, what would that entail? My ultimate date would be a blanket on the beach and candles with a homemade picnic it sounds absolutely peaceful.

What are, hands down, your absolute favorite things to do? My favorite things to do would be being home in my PJs (funny Onesies) at least when I look in the mirror, I'll laugh at how funny I look anything to smile & laugh.

3 ultimate deal-breakers when it comes to men? Three ultimate dealbreakers would be words without actions rudeness and lying.

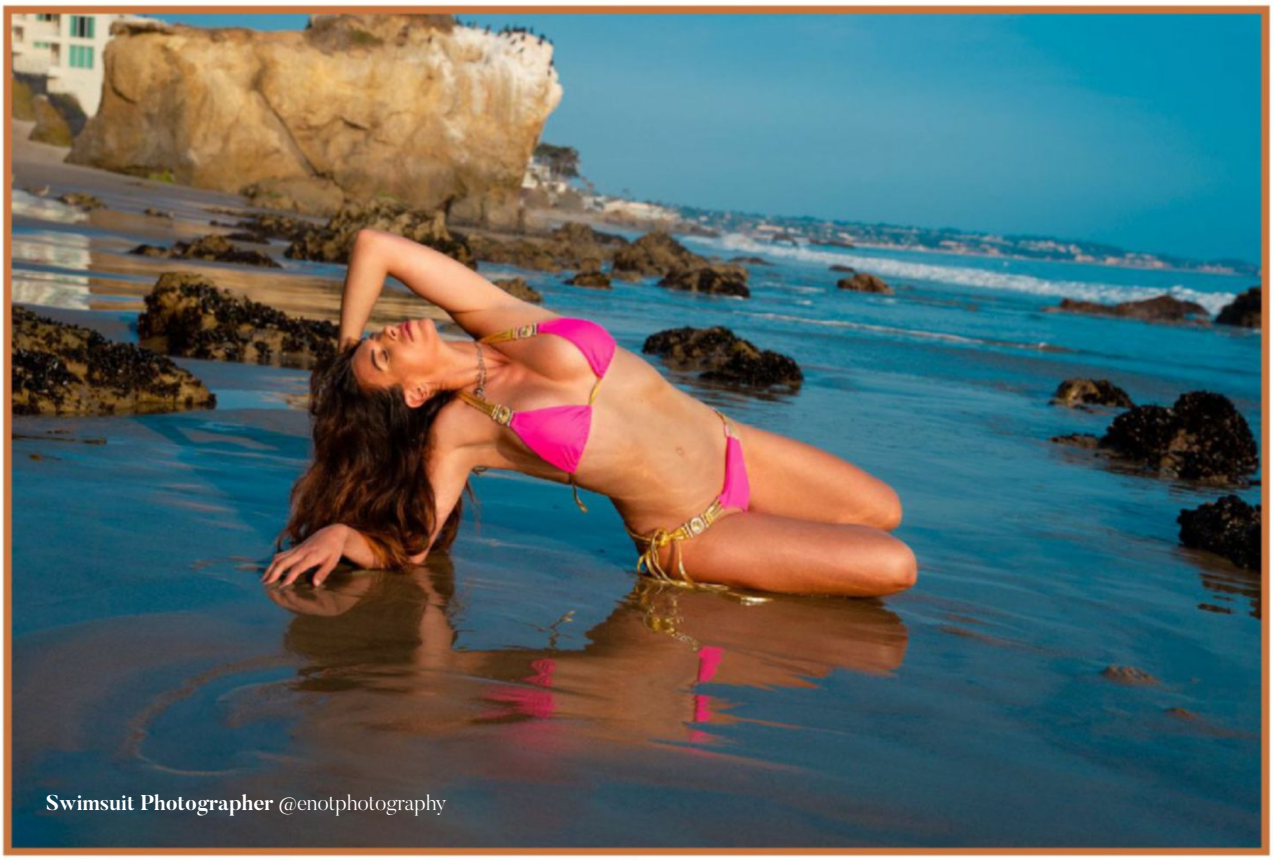
You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? I've always wanted to skydive from an airplane, but I'm terrified that would be number one on my list.

Where would you say is your favorite place to be in the world and why? My favorite place to be in the world is home I love lounging in my PJs and working on little projects around the house.

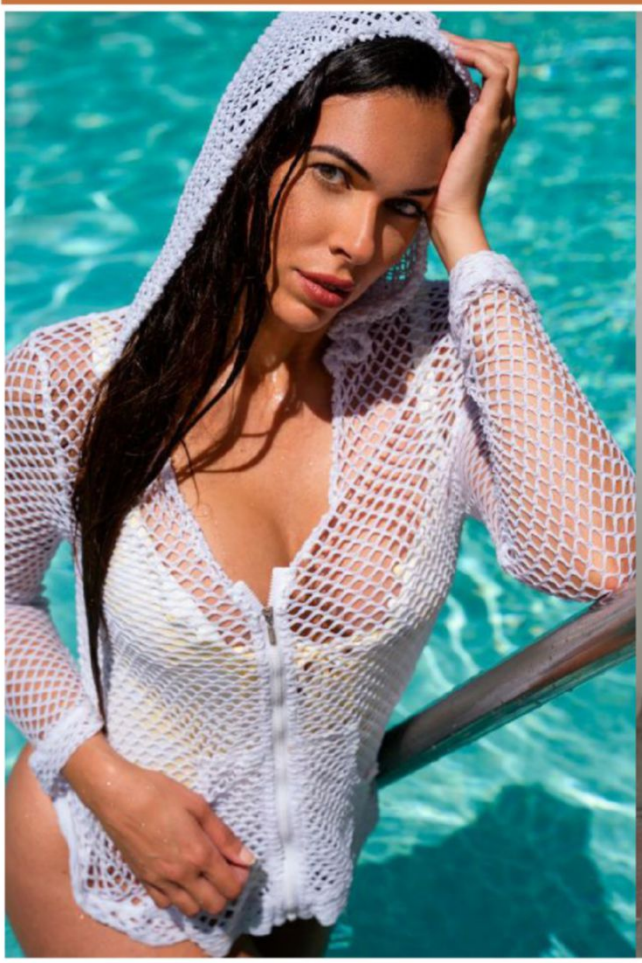
What is currently playing on loop on your playlist? Currently playing on my loop is Love - Marracash & Gue & Eminem - Lucky You.

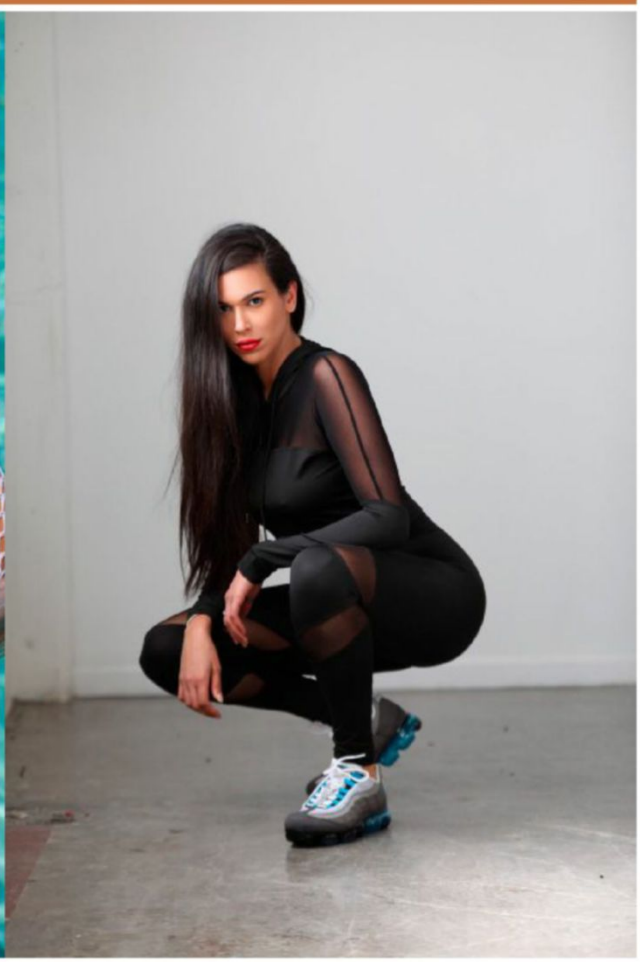
Where can our readers catch up with you and stay updated with your work? My readers can keep up with me on Instagram that's where I mostly post up-to-date photos and information @taniamarie.c.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? I want to thank FHM USA and let everyone know to stay tuned for more from the Rival collection jewelry line in Tania Marie Caringi collection (Together we can make a difference).



Swimsuit Photographer @enotphotography





Date a Celebrity!

Hollywood actress Natasha Marc reveals her perfect man!

Natasha Marc has been a rising star in Hollywood this past year, with a hit role on the series The Good Lord Bird, to starring next on the hyped show Mayor of Kingstown. However, she is single and ready to meet her perfect match.

FHM spoke to Natasha about life in Hollywood, her career, tips for guys wanting to date someone 'famous', and just what she is looking for when it comes to love... and how she just hopes to find that special 'life partner' someone for the holidays coming up!

Why did you originally decide to move to Hollywood? Hollywood was always the plan to fully place myself in the land of opportunities, but due to financial obligations and lack of discipline it just never happened. Hurricane Katrina is what ultimately brought me out to Hollywood and I have to say the timing was just right, it was truly a blessing in disguise.

How has dating been like for you in a 'crazy' town like Hollywood? Dating? What's that?! Lol.... It sucks! Times have changed so much and men have to. I'm old school I'm a southern girl and I like to be courted and shown you are worthy of my time. It is very very hard to meet that in Hollywood. I've given the apps a shot but guys seem to think I'm catfishing so yea, maybe I will meet someone at a gas station.

Is dating harder or easier during COVID-19? I would say it's harder for me because I'm not on any dating apps and I am following the rules for being in quarantine. Dating someone during the pandemic would have been great Because I believe you really get to know someone on a deeper level when you don't spend so much time together getting caught up in the physical but unfortunately and luckily I wasn't one of the many who were blessed with a pandemic baby lol.

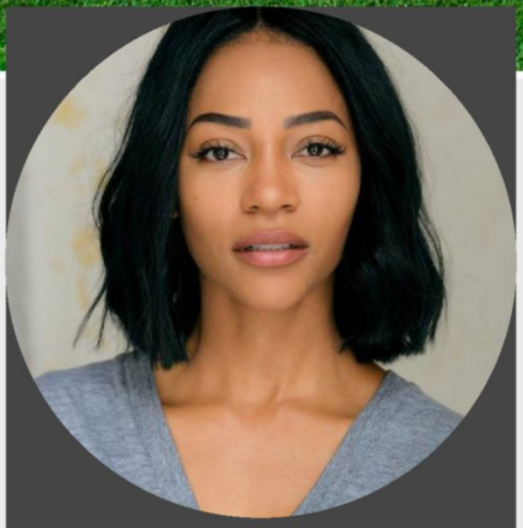
What are you looking for in a man? Does he have to be famous too? I'm looking for a life Partner. Someone I can connect with spiritually, mentally and physically... someone living in a healthy space within themselves and readY for a commitment. A lover, a communicator, someone who cares about their health, someone who loves their friends and family and cares for strangers. I'm looking for romance; someone I can grow with. Nope, he does not need to be famous!

What is the perfect first date for you? A perfect date would be one of which was planned out and catered to my liking. When a man is considerate enough to pay attention to your taste and style and is considerate, that's a perfect date. Great company, lots of laughs and an amazing exchange of good energy.

What can a guy do to get your attention via social media? Liking a bunch of my pictures to get me to click on your profile or check my dm for a message. He has to say something mature and respectable when reaching out to me, step to me like a Grown Man. Also if he's been following me for a while he would know the basic questions of which not to ask. And most importantly persistence is Key!

What tips in general can you give guys out there who are seeking a partner? Persistence, again lol. Pay attention to details. Pray and have patience. And don't get in your feelings if it doesn't go how you expect it the 1st or 2nd time but also know when to walk away, because what we want sometimes isn't what is good for us, it's God's way of protecting us.

Tell us about your new projects... The Good Lord Bird is based on a book and is told from the point of view of the fictional



character 'Onion,' an enslaved young teenage boy forced to leave his home, and under the guise of a girl, becomes a member of John Brown's motley family during the time of Bleeding Kansas, who is an abolitionist on a mission to free slaves. My Character name is "Pie" is a mixed-race prostitute, Men travel from miles around to visit her. She will do anything to serve her own interests. Despite her discovering Onion's dangerous secret, Pie continues to school him in the ways of a world he has never seen the likes of. My new TV show Mayor of Kingstown is created by the brilliant Taylor Sheridan and Hugh Dillon, executive produced by the great Antoine Fuqua. It's about The McLusky family and their power in Kingstown, Mich., where the business of incarceration is what provides generational wealth I would say. There's a lot of shady business happening, a lot of juicy storylines one of which my character cherry holds. She's a beauty and a beast. I'm going to leave it right there and ask you guys to tune in on paramount Tv!

What would your ultimate dream role be? My Ultimate dream role would be Marvel Comic of a beauty... Storm. I love being physical and sexy when I work and she's considered to be one of the most powerful mutants on the planet controlling weather. She's incredible!

What is one quote you live life by? "Destiny is what we make it" - Denzel Washington.

FRANCK MULLER

GENEVE

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